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woman&home

Feel Good Food

SPRING 2010 £3.99

101

favourite
recipes
& ideas

Delicious!

Mouthwatering
lemon yogurt cake

YES, IT WORKS!

**WAIST SHAPING,
FLAT TUM DIET**

See results in 3 weeks!

TV CHEFS

**Dishes
you'll love**

Delia Smith

Jamie Oliver

James Martin

Nigella Lawson

Gordon Ramsay

Rick Stein

**EAT WELL,
BE WELL**

Foods that make a
difference to you!

Simple healthy food

+ Fresh tastes! Chicken, pasta, salmon and salads

+ Best veggie recipes + Divine desserts + Fab bakes and cakes

Be inspired from midweek to weekend



How do we make traditional Somerset Cheddar flavour so low in saturated fat?

Don't worry. We don't have our cows on a fitness regime. We just use a little cheesemaking magic that we've perfected in the 100 years we've been making the UK's favourite farmhouse Cheddar.

Super low in saturated fat, low in cholesterol, rich in Omega 3, and made using LoSalt... Wyke Farms Leskol is deliciously Cheddary.



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Hello

Welcome to woman&home's Feel Good Food for spring 2010.

I know from your letters and emails how much you are enjoying the magazine, and you love the

freezing and prepare-ahead instructions, along with all the nutritional

information to help you eat healthily and sensibly. *That's not to say you can't spoil yourself from time to time*

– who can resist a *fabulous chocolate dessert or a cake*

worthy of a centrepiece? But then, if you are watching your weight, just remember that not going overboard and keeping your portions small will keep it all under control. There's *more recipe inspiration from around the world*, with new ideas for those tricky midweek meals, plus something special for the weekend. w&h's brilliant homes editor, Emma Morton-Turner, has *pulled out all the stops to inspire you with spring table ideas too*.

As always, your favourite celebrity chefs have provided some mouthwatering treats, including *recipes from Delia, Jamie and Nigella*. With so much packed into every issue, why not subscribe to ensure you get your copy every quarter? See our great offer on page 126.

Happy cooking to you all from the Feel Good Food team.

Jane Curran,
Food editor, woman&home

FEEL
GOOD+

LOOK OUT...
for our symbols, which
will give you useful
information at a glance:

➤ GREAT FOR VEGGIES

Recipes that are suitable
for vegetarians

PLUS recipes that are:



EASY



PREPARE AHEAD



FREEZABLE

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Practical stuff

- ✦ We use measuring spoons and all quantities are level.
- ✦ All eggs are free-range.
- ✦ Use metric or imperial weights and measures; don't mix the two.
- ✦ We don't specify salt and pepper in our ingredients' list, but we always tell you to season food.
- ✦ Each recipe is nutritionally analysed. The Recommended Daily Amount (RDA) is 2,000 calories for women and 2,500 for men. The RDA for fat is 70g for women (no more than 20g saturated) and 95g for men (no more than 30g saturated).
- ✦ Milk is semi-skimmed unless otherwise stated.
- ✦ Ovens vary in temperature, so you may want to invest in an oven thermometer.
- ✦ The size of a cake is measured on the diameter on the base of the tin.
- ✦ Cakes are better if you bake them on non-fan.
- ✦ We always use humanely reared meat, poultry and game in our recipes.

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Go online

For even more fabulous recipe ideas, visit our fantastic website.

Log on to www.womanandhome.com

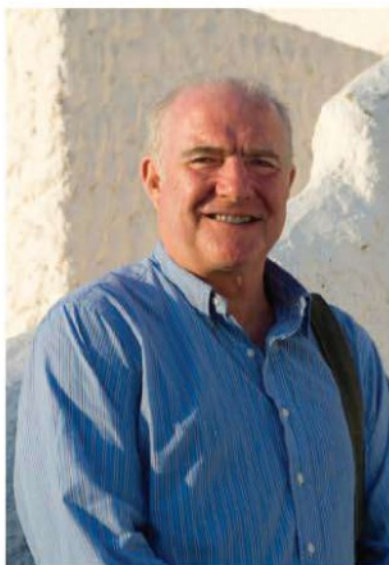
Meet our professionals...



Jamie Oliver

Jamie Oliver was “discovered” while he was working for Rose Gray and Ruth Rogers at London’s River Café.

From his early days as The Naked Chef, Jamie’s rise has been nothing short of meteoric. He’s now a national icon, revered for his school dinners campaign – bullying the Government into changing the way our kids eat. He has gained much admiration for his Fifteen restaurants, the latest having opened in Melbourne, where he hires underprivileged youngsters and makes a fair chunk of them into chefs. His latest recipe book is *Jamie’s America*, which showcases the diversity of the country’s food – ranging from exotic Mexican fare found in the Hispanic area of LA to the soul food of the South – and highlights that there’s far more to the States than junk food and super-sized portions. A veritable road trip of cuisine, there’s a host of tasty recipes in the book, each with a wine recommendation too. Jamie lives in Essex and London with Jools and their children.



Rick Stein

Rick Stein OBE is passionate about cooking and serving fish, and a firm supporter of local producers.

There’s not much the chef and restaurateur doesn’t know about fish, and he’s inspired many of us to be more adventurous when cooking with seafood. After running a nightclub in the fishing port of Padstow, he turned to cooking, and opened a restaurant specialising in freshly caught local produce. Rick now runs four restaurants, a delicatessen, a patisserie and a seafood cookery school, plus 40 guest bedrooms in Padstow, Cornwall. He’s committed to the quality of food, and is a patron of the Marine Stewardship Council, which promotes sustainable fishing practice. Rick’s recent book, *Far Eastern Odyssey*, which accompanied his latest BBC TV series, follows his journeys down rivers, through jungles and along the coast from Cambodia to Bangladesh, as he samples and cooks local recipes. Rick divides his time between Padstow and Sydney.



Gordon Ramsay

Part restaurant empire-builder, part celebrity and part über-talented chef, Gordon has become a global star.

As a teenager, he was on the books of Glasgow Rangers FC, but injury ended his chances of a professional career in football, and Gordon switched his attention to cooking. He worked in two of London’s legendary restaurants – Harvey’s with Marco Pierre White and Le Gavroche with Albert Roux – then left for France to work with Joël Robuchon and Guy Savoy. He first hit our radar as part-owner of Aubergine, where he won two Michelin stars. He left to start up Restaurant Gordon Ramsay – and Gordon Ramsay Holdings now has numerous restaurants and pubs worldwide. He’s the star of TV’s *Ramsay’s Kitchen Nightmares*, *Hell’s Kitchen* and *The F Word*. He was awarded an OBE in 2006. His new book to accompany the TV series is *Great Escape: 100 of My Favourite Indian Recipes*. Gordon lives in London with his wife Tana and their four children.



Nigella Lawson

The original “domestic goddess”, Nigella became a household name in 1998 with her book *How To Eat*.

Renowned for her sexy, finger-lickin’ style, she now has the “Delia ability” to make stores sell out of her recommended products. Nigella’s recipes are fun, great-tasting and straightforward. “Cooking is not about just joining the dots, following one recipe slavishly and then moving on to the next. It’s about developing an understanding of food,” she says. Nigella has written seven cookbooks, including *How To Be A Domestic Goddess*, *Feast: Food That Celebrates Life*, *Forever Summer* and *Nigella Express*. The latter is her solution to eating well when time is short and shows you how to make mouthwatering good food – fast. Nigella has two children, Mimi and Bruno (from her marriage to John Diamond), and is married to Charles Saatchi. She lives in London.



James Martin

James Martin presents BBC1’s *Saturday Kitchen*, and has also delighted us with appearances in other TV shows, including *The Great British Village Show* and *Strictly Come Dancing*.

His cooking career began at a young age, when his father ran the catering side of Castle Howard in Yorkshire. After spending time in France, James, aged just 21, became head chef of the bistro at the first Hotel du Vin in Winchester, where the waiting list for a table stretched into months. Now he has fingers in many pies, including consultancy work, a kitchen company, a cook- and serveware range for Denby, a line of electrical kitchen equipment with Wahl, as well as *Saturday Kitchen*. He’s also the name behind a couple of cruiseliner restaurants. James has written a number of cookbooks, plus his autobiography, *Driven. My Kitchen*, his latest, is organised by the seasons and features dishes he cooks for his friends and family. James lives near Winchester.



Delia Smith

This particular director of Norwich City Football Club has been showing us how to cook for over 30 years.

In the early 70s, when Delia presented her first series for BBC1, cooking at home was declining, but *Cookery Course* was an instant success. *Delia’s Summer Collection* and *Winter Collection* followed and, in 1998, her *How To Cook* series took cookery back to basics. The book *Delia’s How To Cheat At Cooking*, which accompanied her recent TV series, took things in a new direction. Her 1976 book, *Frugal Food*, was re-released in 2008. This new, updated and illustrated edition shows you how to eat well without having to spend a fortune – a message that has never seemed more relevant than it does now. Her latest release is *Delia’s Happy Christmas* – the definitive guide to all aspects of cooking for Christmas. Delia lives in Suffolk with her husband Michael Wynn-Jones.

Instant inspiration

Stuck in a cooking rut and looking for some new recipe ideas? Here's some inspiration for every occasion, plus fabulous desserts to impress



Weekend food

- + Vegetable Pissaladière (right)
- + Salmon and broccoli tart
- + Loin of pork with apricot and pistachio stuffing
- + Mini spinach and paneer naan breads
- + Lemon and rosemary chicken skewers
- + Chunky crayfish chowder
- + Nectarine, Parma ham and feta salad with chilli
- + Roast rack of lamb with spring veg and hot herby dressing
- + Pork loin steaks braised with red wine, tomatoes and olives
- + Seafood paella
- + Fattoush salad
- + Lemon chicken with sausage and garlic
- + Crunchy baked chicken
- + Delia's Greek lamb baked with lemon & garlic

Around the world

- + Vietnamese lemongrass, chicken and prawn wraps
- + North Indian chickpea, lentil and squash curry
- + Ginger and spiced chicken curry
- + Crispy prawns with zingy chilli
- + Korma crab cakes
- + King prawn and cucumber salad (left)
- + Coconut and crayfish curry
- + Crayfish and chilli spaghetti
- + Spring linguine
- + Stir-fried beef with egg noodles
- + Baked lamb and aubergine
- + Tex Mex beef chilli
- + One-pan spicy Biryani
- + Rick Stein's Beetroot curry

Divine desserts

- + Fruity meringue roulade (left)
- + Lemon syllabub
- + Hot apricot soufflés
- + Tropical Pavlova cake
- + Lemon and almond drizzle cake
- + Super-sticky lemon and syrup pudding
- + Raspberry and pomegranate Kissel
- + Citrus crêpes
- + Choco-dulce dessert
- + Coffee and macadamia nut meringue
- + Chocolate and coffee mousse
- + Jamie Oliver's Rhubarb and sticky stem ginger crumble



Easy everyday

- + Harissa-spiced pork with Mediterranean veg
- + Mustard chicken with roasted vegetables
- + Hot honey spiced chicken
- + Mozzarella and tomato brioche
- + Stuffed tomatoes
- + Pancetta-wrapped trout fillets (left)
- + Meatball pasta bake
- + Chicken and olive roast
- + Spring onion and goats' cheese frittata
- + Smoky vegetarian chilli
- + Crab, chilli and cherry tomato linguine
- + Gordon Ramsay's Glazed salmon with spinach and radish salad

All our recipes have been tested in the woman&home kitchen and are easy to recreate at home – so get cooking!



Irresistible baking

- + Blackberry and pear frangipane pie
- + Lemon yogurt cake (above)
- + Pear and cinnamon muffins
- + Carrot and coconut bars
- + Happy Easter cake
- + Chocolate brownies
- + Cheese scones
- + Buttermilk and strawberry scones
- + Cheddar and onion soda bread
- + Pumpkin cob loaf
- + Ham, cheese and chive muffins
- + Kugelhupf
- + Courgette, cheese and herb loaf
- + James Martin's Carrot cake

What's in season?

Spring is well and truly on its way and brings with it a wealth of exciting produce. Now's the time to swap the rich, heavy dishes of winter for the lighter, fresher tastes that signal the warmer weather is coming

See Jamie Oliver's delicious
rhubarb recipe on page 122

Fruit & vegetables

It's farewell to winter roots and hello to the leafy, fresh tastes of the new season.

+ BEETROOT

If beetroot conjures up images of 70s salads with too much vinegar, it's time to revisit it. Buy it vacuum-packed (wear rubber gloves) and mix with white cabbage for a salad, or make it into a wonderfully nutritious soup.

+ FORCED RHUBARB

Not everyone's favourite because we tend to overcook it, but gently poached or better still, roasted with stem ginger, a little sugar and some orange juice, it makes a terrific crumble.

+ NEW CARROTS

High in beta-carotene, the plant form of vitamin A, carrots really are good for your eyesight. Try cooking them slowly in orange juice and a little butter, then add a sprinkling of chopped fresh herbs.

+ NEW POTATOES – "EARLIES"

Roast with olive oil and garlic in a hot oven until tender. Potatoes are a good source of potassium and fibre as long as you leave the skins on.

+ ROCKET

English rocket appears now. Try whizzing it up with olive oil, ground almonds and garlic for a "pesto" to add to soups and pasta or to top a piece of fish or chicken. Or simply dress with olive oil and balsamic vinegar and top with Parmesan shavings for a simple but delicious salad.

+ SPINACH

When you wash spinach, soak it in plenty of cold water (so that it floats) then skim it off the top so that all the grit stays at the bottom. It's full of antioxidants, like most dark green vegetables, but not particularly as high in iron as was once thought.

+ SPRING ONIONS

A member of the allium family, onions have been thought of as a cure-all for centuries. This onion is so versatile –

it's great in Chinese or Thai dishes and an essential ingredient in a stir-fry.

+ WATERCRESS

A real superfood, the English season lasts from March until late September. As well as an essential salad or sandwich ingredient, watercress can be wilted down into risotto or pasta and also makes a fantastic soup.

Meat, fish, seafood

Make the most of spring fish before the weather gets too warm for it.

+ HALIBUT

A magnificent white meaty fish that needs little embellishment. Toss in seasoned flour and fry in oil and butter, as it can dry out if overcooked. Make a sauce by melting butter with lemon juice, salt and pepper.

+ LAMB

The lowland lambs start coming into their own in April and May, though their flavour is still delicate. Don't over-spice and sauce the meat – lightly roasted with a little salt and pepper, and mint sauce on the side, is best.

+ LOBSTER

A pre-cooked lobster should weigh heavy in the hand. Hot lobster goes well with garlic butter, or in a salad with the new season's asparagus.

+ OYSTERS AND MUSSELS

You can enjoy native oysters and mussels until April, as they spawn in the summer and the flesh becomes tasteless. Oysters need lemon or Tabasco for flavour; mussels are great cooked *à la marinière*.

+ SARDINES

They must be tip-top fresh, as with their Cornish cousins, which used to be called pilchards and are just a bigger sardine. The high oil content makes them go off quickly, so buy and cook on the same day.

+ SEA TROUT

These spawn in the river then swim out to the ocean. Sea trout are bigger than

their river counterparts, but they're still an oil-rich fish and packed with omega-3.

From further afield

We can't grow everything in the UK all year round, so here's a pick of seasonal produce from overseas.

+ AVOCADOS

One of our favourite superfoods, avocados are full of vitamin E, potassium and high in monounsaturated fats – the healthy ones. Delicious served as a mash on wholemeal toast.

+ BABY GLOBE ARTICHOKEs

They should be firm to the touch and a leaf should snap, not feel rubbery. To cook whole, trim and place in boiling salted water with lemon juice for 15 minutes.

+ FENNEL

Florence fennel is increasing in popularity. Fantastic finely sliced in salads, it works very well as a roasted vegetable with fish or chicken.

+ GRAPES

A perfect snack fruit, red and black grapes are high in resveratrol, the antioxidant in red wine that is believed to protect against heart disease.

+ MANGOES

It's this time of year when the Indian Alphonso mangoes come into season, and they're the sweetest and most aromatic you can buy.

+ MELONS

Cantaloupe melons are a very good source of vitamin C and beta-carotene. They're delicious with salty foods in salads or just on their own.

+ PEPPERS

Green peppers should never be roasted, but served raw, while roasting really brings out the flavour of red peppers.

+ RASPBERRIES

They are usually from Spain at this time of year, and are always fab with lemon tart or smashed up with meringues and whipped cream.

IN SEASON + IN FOCUS

Time to get into brassicas

Packed with vitamins and minerals, brassicas are absolute powerhouses of health

+ BROCCOLI

Fantastic with Asian favours, try parboiling broccoli, then tossing it with sesame seeds, fresh chilli and sliced garlic in a wok for a couple of minutes. Serve with grilled salmon or Asian-style pork.

+ BRUSSELS SPROUTS

We have a theory that people hate Brussels sprouts because they're usually overcooked. Don't cut crosses in them as it makes them soggy, and only steam for a couple of minutes before tossing in a hot frying pan with a knob of butter or olive oil, some lemon zest and crispy pancetta. Delicious!

+ CAULIFLOWER

Not just for cauliflower cheese! Cauliflower is a great vegetable for vegetarian curries as it doesn't fall apart too easily, and its delicate flavour is an excellent carrier of herbs and spices. It's also great steamed, then tossed with fresh herbs, spring onions and vinaigrette as a salad for a buffet – it won't wilt in the dressing, like lettuce does.

+ CURLY KALE

Kale is a perfect accompaniment for strongly flavoured foods, such as chorizo sausage or curries. Its tart flavour and robust texture cuts through the richness, and the vibrant green colour also makes dishes look really beautiful – an extra bonus!

+ SAVOY CABBAGE

No longer the stuff of schoolchildren's nightmares, Savoy cabbage is beautiful simply steamed, but really it comes into its own when sautéed in butter, with a good grating of nutmeg, and even a small splash of half-fat crème fraîche. Just perfect for a Sunday roast!

+ SPRING GREENS

Try shredding this delicate cabbage and adding to Middle Eastern or Asian soups. It's lovely steamed with a roast, or wilted quickly in a very hot pan with a splash of oil, as an accompaniment to grilled meat or fish.

+ HOW TO BUY

Look for healthy leaves when buying brassicas – they shouldn't be shrivelled

or too bug-eaten. The main body of the veg should be firm and healthy looking – wrinkled, dull flesh suggests that you've found an old vegetable.

+ NUTRITION

Exceptionally high in disease-fighting nutrients, such as folic acid, vitamin C, potassium and various phytochemicals, brassicas should be a regular part of any well-balanced diet.





Super slaw



Stir-fried greens with goats' cheese and walnuts



In season recipes

Here are some easy ways to make your brassicas taste great



Indian stir-fried white cabbage



Spring greens with peas and caraway

Stir-fried greens with goats' cheese and walnuts

Contrary to popular belief, greens don't have to be boring – this is an easy and simple way to jazz up your veg.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

SERVES 2 AS A MAIN DISH, OR 4 AS A SIDE DISH OR STARTER

✓ EASY

100g (4oz) curly kale
200g (7oz) tenderstem broccoli
1 pointed cabbage
2tbsp sunflower oil
2 garlic cloves, finely chopped
200g (7oz) soft mild goats' cheese
50g (2oz) walnuts, toasted
2 to 3tbsp balsamic glaze

1 Bring a large saucepan of salted water to the boil. Chop the greens then blanch for 3 minutes. Refresh under cold water and drain well. Pat dry with kitchen paper.

2 Heat a wok, add the oil, then the garlic and greens and stir-fry for 2 to 3 minutes until heated through. Season with salt and freshly ground black pepper. Divide between 4 warmed plates, crumble over the goats' cheese and scatter over the walnuts. Drizzle with the balsamic glaze and serve.

Per serving: 690-345 calories, 56-28g fat (21-10g saturated), 13-6g carbohydrate

Spring greens with peas and caraway

The caraway adds lots of lovely flavour to your greens and peas.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

SERVES 6

✓ EASY

2tbsp olive oil
1 red onion, finely chopped
1½tsp caraway seeds
½ head spring greens, finely sliced, blanched and drained
200g (7oz) fresh peas, blanched and drained,
or 227g pack petit pois, defrosted

1 Heat the oil in a large frying pan, add the onion and sauté until softened. Add the caraway seeds after a couple of minutes.

2 Add the spring greens and the peas and stir-fry for a few minutes until they are heated through. Season with salt and freshly ground black pepper, cover and keep warm until ready to serve.

Per serving: 80 calories, 4.5g fat (0.7g saturated), 6g carbohydrate

Super slaw

The yogurt and crème fraîche make a healthy alternative to mayonnaise, so there's no reason why you can't treat yourself to this tasty dish.

PREPARATION TIME: 20 MINUTES

SERVES 8

✓ EASY

4 large carrots, washed, peeled and coarsely grated
½ red onion, very finely sliced
½ red cabbage, finely sliced or shredded
2 apples, peeled, cored and finely sliced and tossed
in juice ½ lemon
150g (5oz) sultanas
50g (2oz) toasted pine nuts
for the dressing:
3tbsp Greek yogurt
3tbsp crème fraîche (or use half-fat, if you like)
juice 2 lemons
1½tbsp Dijon mustard

1 Put the grated carrot in a colander and squeeze out any excess moisture. Put the carrot, red onion, cabbage, apples, sultanas and half the pine nuts into a large mixing bowl and toss together.

2 To make the dressing, combine all the ingredients in a bowl and pour over the slaw. Season and toss, ensuring the dressing is evenly distributed. Pour into a bowl and sprinkle with the remaining pine nuts to serve.
Per serving: 170 calories, 8g fat (2g saturated), 72g carbohydrate

FEEL GOOD+

FRESH FOOD SHOPPING

Make the most of seasonal produce and buy from farmers' markets or sign up for an organic box delivery scheme. Check out foodloversbritain.com, run by food hero Henrietta Green, to find suppliers local to you. You'll reduce your carbon footprint, save money and support local producers, too.

Indian stir-fried white cabbage

You may think stir-frying is not very Indian, but many vegetables are cooked this way – Indian food can be a lot lighter than you think!

PREPARATION TIME: 5 MINUTES, PLUS SOAKING

COOKING TIME: 10 MINUTES

SERVES 6

✓ EASY

500g (1lb 2oz) white cabbage (around ½ cabbage), shredded
3tbsp flavourless oil, such as groundnut
½tsp mustard seeds
15 curry leaves
1cm (½in) piece fresh root ginger, grated

1 Soak the cabbage with a pinch of salt in plenty of cold water for 10 minutes, then drain. Heat the oil in a frying pan and add the mustard seeds. When they pop, add the curry leaves and ginger.

2 Add the cabbage to the frying pan and stir well to mix all the flavours. Season with salt and a pinch of sugar. Cook for about 8 minutes, stirring frequently, then serve immediately.
Per serving: 53 calories, 4.5g fat (1g saturated), 2.5g carbohydrate



**TELL
MAGNET**
IF YOU'RE A
TRADITIONALIST

AND WE'LL
CREATE A
KITCHEN THAT'S
EXACTLY TO
YOUR TASTE

Tell Magnet all about you and we'll help you create your perfect kitchen. If, like Liz, you're something of a traditionalist, you'll find our classic kitchen ranges and long-established personalised service really appealing. Or if you prefer a more modern take, we'll be happy to inspire you with the very latest contemporary styles, like our delightfully curved Crème Lineaire range. Whatever you'd like to happen in your kitchen, just tell Magnet.

Magnet

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IN YOUR
KITCHEN?



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SPEED COOKING HAS BECOME PART AND PARCEL OF LIFE FOR THOSE JUGGLING WORK, CHILDREN AND CHORES. BUT JUST BECAUSE TIME IS SHORT, IT DOESN'T MEAN YOU HAVE TO COMPROMISE ON THE QUALITY OF THE FOOD YOU EAT. AS NIGELLA HERSELF SAYS: "HOWEVER LITTLE TIME I SPEND ON THE DAY'S SUPPER, I HAVE TO KNOW IT WILL DELIVER NOTHING LESS THAN PURE PLEASURE." TENDER SPRING UK LAMB IS IDEAL FOR THIS SIMPLE STEW.

“I love the pinks and browns and tones of Tuscan stone of the beans in this recipe. They turn a pile of bones into a feast”

NIGELLA LAWSON'S

Lamb shanks with beans

Even with only ten minutes of free time over two days, I can still get something big and bolstering on the table. On one day I stick my lamb shanks in to marinate, on the other I put them in the oven, leaving them there while I battle over homework or try to clear my desk or tackle whatever other doomed task I set myself. The beans I'm happy to get out of a can:

PREPARATION TIME: 20 MINUTES, PLUS MARINATING

COOKING TIME: 1 HOUR 30 MINUTES
SERVES 4 TO 6



EASY / PREPARE AHEAD

250ml (9fl oz) white wine
4tbsp redcurrant jelly, plus 1tsp
2tbsp Worcestershire sauce
60ml (2½fl oz) garlic oil, plus 2tbsp
2 onions, quartered
10cm (4in) sprig rosemary or 1tsp dried
6 lamb shanks
60ml (2½fl oz) water
1tbsp Dijon mustard
4 x 400g cans mixed beans (sometimes sold as mixed bean salad)
salt and pepper, to taste

1 Get out 2 freezer bags and divide the wine, the 4 tablespoons of redcurrant jelly, the Worcestershire sauce, 60ml (2½fl oz) of garlic oil, the onions and the rosemary between the 2 of them. Put 3 lamb shanks in each bag. Seal the bags and put in the fridge overnight, or for up to 2 days.

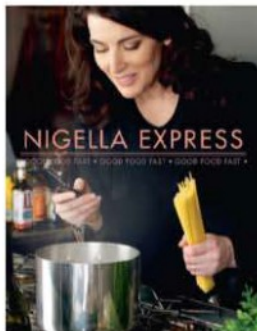
2 When the shanks have had their marinating time, take them out of the fridge and heat the oven to 200 C, 180 C fan, 400 F, gas mark 6.

3 Tip the contents of the bags into a roasting tin and slot this into the oven, turning it down immediately to 170 C, 150 C fan, 325 F, gas mark 3. Roast for about an hour and a half, and then remove the shanks to a warmed serving dish.

4 In a pan big enough for the beans, warm the water, the remaining 2 tablespoons of garlic oil and Dijon mustard. Add the beans and heat gently, stirring occasionally with a wooden spatula. Season with salt and pepper to taste, and then pour the contents of the pan into the dish with the shanks.

5 Serve with more redcurrant jelly and perhaps a tomato salad alongside.

Per serving: 761-507 calories, 36-24g fat (10-7g saturated), 45-30g carbohydrate



NIGELLA EXPRESS (CHATTO & WINDUS, £25)

This book has earned a special place in many a British kitchen, with the Domestic Goddess's usual wit and her ingenious solutions for eating well when time is short. With over 150 inspiring recipes, chapters include ideas for breakfast on the go, quick suppers, weekday entertaining, packed lunches, instant Italian and Mexican dishes – all quick and delicious! Plus vital tips on keeping your cupboards, fridge and freezer stacked.



Nigella Lawson's Lamb shanks with beans

Easy everyday

We all get into a food rut from time to time, buying the same ingredients, cooking the same recipes. No problem: we've come up with a little midweek inspiration, using some of your favourite foods. There are plenty of feel good factors, but no compromise on flavour. With new ideas for mainstays like pasta, chicken and vegetarian too, it's time to get cooking.



EASY EVERYDAY



“Pork tenderloin is low in fat and an excellent source of B vitamins, zinc and protein”

Harissa-spiced pork with Mediterranean veg

Harissa-spiced pork with Mediterranean veg

A hint of harissa, which is a Moroccan chilli paste, and fresh orange give this healthy vegetable-packed dish real oomph!

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

SERVES 4

EASY

500g (1lb 2oz) pork tenderloin, cut into strips
1tsp harissa
zest and juice 1 orange
3tbsp olive oil
400g (14oz) mixed antipasto vegetables
400ml (14fl oz) hot vegetable stock
pinch saffron, optional
2 x 110g packs couscous

1 In a bowl, mix the pork with the harissa and orange zest, and season well. Heat 1 tablespoon of the oil in a frying pan, add the pork and stir-fry for about 5 minutes. Add the antipasto and heat through.

2 Meanwhile, mix the orange juice with the stock. In a saucepan, bring it to a simmer with the saffron and remaining oil, then add the couscous, stir, cover, turn off the heat and leave to steam for 5 minutes. Fork through just before serving with the pork and vegetables.

Per serving: 481 calories, 26g fat (3g saturated), 31g carbohydrate

FEEL GOOD+

ARTICHOKE KNOW-HOW

Artichokes in olive oil, which you buy in a jar from all good supermarkets, are a great storecupboard standby to add to pasta dishes and salads. Even better, artichokes are a good source of folate and potassium. They are thought to help control cholesterol levels and there have been recent scientific studies that seem to show they help liver function.



Mustard chicken with roasted vegetables

Mustard chicken with roasted vegetables

This one-pot dish couldn't be simpler. Use our mustard chicken recipe as a base then experiment with other vegetables such as courgettes and aubergines.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

SERVES 3 TO 4

EASY / PREPARE AHEAD

8 chicken thighs, bone in
2tbsp Dijon mustard
2tbsp olive oil
2tbsp balsamic glaze
1 red Romano pepper, chopped
4 small red onions, cut into wedges
few garlic cloves, unpeeled
150ml (1/4pt) dry white wine
few sprigs fresh rosemary
4 cooked artichoke hearts (from a jar)

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Put the chicken in a bowl, mix together the mustard, oil and balsamic, then add to the chicken and toss together with plenty of salt and black pepper. Arrange the chicken, skin-side up, in a large ovenproof dish or roasting tin. You don't want everything crammed in or it will steam and not roast. Add the Romano pepper, onions and garlic, pour over the white wine and tuck in the rosemary sprigs.

2 Bake in the oven for around 30 minutes, add the artichoke hearts, then cook for a further 10 minutes or until the chicken is well browned and cooked through.
Per serving: 448-336 calories, 17-13g fat (2.5-2g saturated), 11-8g carbohydrate

SMART IDEA

While you've got the oven on, why not serve the chicken and vegetables with baked potatoes, hot garlic bread or baby new potatoes roasted in olive oil and garlic?

A top-down view of a green, rectangular baking dish with black handles. Inside the dish are four large, red tomatoes that have been stuffed with a mixture of rice, beans, and vegetables. The tomatoes are arranged in a 2x2 grid. The dish is set on a light-colored, textured surface.

✚
Cook's tip
These tomatoes
are great
simply served
with warm
crusty bread

Stuffed tomatoes (recipe page 24)

“You could make this dish more fibre-rich by using a wholemeal seeded bread”



Mozzarella and tomato bruschetta (recipe overleaf)

“Tomatoes are a good source of lycopene, which may protect against prostate cancer”

Hot honey spiced chicken

A healthy portion of sweet roasted garlic may help to lower blood pressure.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 20 MINUTES
SERVES 2

✓ EASY

1tsp coriander seeds
 ½tsp fennel seeds
 1tsp cumin seeds
 ½tsp chilli flakes
 ¼tsp cinnamon
 2tbsp olive oil, plus a little extra
 2 organic free-range chicken breasts, with skin left on
 1tbsp honey
 1 bulb garlic, skins left on
 100ml (4fl oz) white wine
 50ml (2fl oz) chicken stock

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. In a small pan, dry fry the coriander, fennel, cumin seeds and chilli for 1 minute to release their aroma. Crush lightly in a pestle and mortar with the cinnamon, then mix with the oil.

2 Drizzle the chicken with the honey, then coat with the spice mixture and leave to marinate for 20 minutes.

3 Heat a drizzle of oil in a pan and brown the chicken all over. Put the chicken in a roasting tin with the garlic, and pour in the wine and stock. Roast for 20 minutes, until golden brown and crispy.

Per serving: 370 calories, 18g fat (3g saturated), 6g carbohydrate

SMART IDEA

If you would prefer your sauce a little thicker, pour into a pan and boil to reduce by half, then serve spooned over the chicken.

Mozzarella and tomato brioche

Buffalo mozzarella is sweeter, softer and more flavoursome than cheaper varieties.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 20 MINUTES
SERVES 4

✓ EASY

2tbsp capers
 4tbsp chopped parsley
 6tbsp olive oil
 2 garlic cloves, crushed
 400g (14oz) cherry tomatoes, halved
 4 thick slices brioche
 125g (4½oz) buffalo mozzarella, at room temperature
 1tbsp balsamic vinegar
 extra capers and torn parsley, to garnish (optional)

1 Finely chop the capers and mix with the chopped parsley, 2 tablespoons of the oil, the garlic and a little seasoning. Heat another tablespoon of oil in a large frying pan and stir-fry the tomatoes until slightly softened. Drain and keep warm.

2 Heat 2 tablespoons of the oil in a clean pan and lightly fry the brioche slices on both sides until golden. Spread the bread with the caper and parsley paste, then transfer to 4 serving plates.

3 Tear the mozzarella into pieces and pile on to the bread with the tomatoes. Drizzle with 1 tablespoon of the oil, the balsamic vinegar and a scattering of extra capers and parsley, if using.

Per serving: 335 calories, 24g fat (7g saturated), 22g carbohydrate

+ GREAT FOR VEGGIES

Stuffed tomatoes

If you're lacking fibre in your diet, use wholegrain rice instead of long-grain.

PREPARATION TIME: 20 MINUTES, PLUS SALTING
COOKING TIME: 40 MINUTES
SERVES 4

✓ EASY / PREPARE AHEAD

300g (10oz) courgettes
 4 large beefsteak tomatoes
 5tbsp extra-virgin olive oil
 1 red onion, chopped
 4 garlic cloves, crushed
 75g (3oz) long-grain rice
 2tsp vegetable bouillon powder
 2tbsp chopped oregano
 50g (2oz) pine nuts, toasted

1 Coarsely grate the courgettes into a colander and sprinkle with 2 tablespoons of salt. Stir the salt into the courgettes, stand the colander on a plate and leave to stand for 30 minutes until a pool of liquid has accumulated on the plate. Rinse the courgettes in cold water, then squeeze out the excess water with your hands.

2 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Slice the tops off the tomatoes and scoop out the tomato pulp with a teaspoon, leaving a shell. Season the inside of the tomatoes and transfer to a shallow, ovenproof dish. Roughly chop the tomato pulp and press it through a sieve to remove as much juice as possible. Discard the pulp.

3 Heat 4 tablespoons of the oil in a frying pan and gently fry the onion until softened. Stir in the garlic and rice, and cook for a further minute, stirring. Add the tomato juice, bouillon powder, oregano and 200ml (7fl oz) of boiling water. Cook gently, uncovered, until the rice is only just tender and the liquid absorbed – it should have a risotto-like consistency. If necessary, add a little more water to the pan.

4 Stir in the courgettes and pine nuts, and pack the mixture into the tomatoes. Rest the tomato lids on top and drizzle with the remaining oil and a little seasoning. Bake for about 20 minutes, until the tomatoes are tender and slightly squasy. Transfer to serving plates using a fish slice.

Per serving: 340 calories, 24g fat (3g saturated), 5g carbohydrate



Hot honey spiced chicken

✚
Try this
This chicken
makes a perfect
meal served with
steamed kale and
new potatoes



Pancetta-wrapped trout fillets

Pancetta-wrapped trout fillets

Trout is a good source of omega-3 fatty acids, which help maintain healthy cholesterol.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

SERVES 4

EASY

75g (3oz) coarse fresh breadcrumbs

75g (3oz) hazelnuts, chopped

zest 1 lemon

6tbsp chopped fresh dill

4tbsp olive oil

8 brown trout fillets, weighing about

100g (4oz) each

100g (4oz) thinly sliced pancetta

1 lemon, cut into wedges

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Mix the breadcrumbs, hazelnuts, lemon zest, dill and half the oil, and season. Lay a trout fillet, skin-side down, on 4 pancetta slices. Scatter over a quarter of the hazelnut mixture and top with another trout fillet, skin-side up. Wrap the pancetta around the fish and secure with cocktail sticks. Repeat with the remaining trout.

2 Place in a roasting tin and squeeze over the lemon wedges and add to the roasting tin. Drizzle over the remaining oil and roast for 20 minutes until cooked through and the pancetta is crisp. Serve with a fresh green salad and roasted new potatoes.

Per serving: 640 calories, 40g fat (8g saturated), 10g carbohydrate

+
Cook's tip
When wild trout isn't available, use farmed organic trout instead



Meatball pasta bake

Meatball pasta bake

You can reduce the fat in this recipe by using lower-fat mozzarella and sausages.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 20 MINUTES

SERVES 4

EASY / PREPARE AHEAD

450g (1lb) free-range pork sausages, skinned

handful basil, chopped

small bunch flat-leaf parsley, chopped

2tbsp olive oil

3 garlic cloves, thinly sliced

1 onion, chopped

2 red peppers, deseeded and sliced

1 courgette, sliced, or 150g (5oz) baby courgettes

handful pitted black olives, roughly sliced

560g bottle passata

200ml (7fl oz) white wine

1tsp mixed herbs

300g (10oz) pasta twists, cooked and drained

150g (5oz) mini mozzarella

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Put the sausage meat in a bowl with the basil and half the parsley. Mix, then roll into golf ball-size meatballs.

2 Heat the olive oil in a non-stick frying pan and fry the meatballs for about 10 minutes, until golden. Remove from the pan and add the garlic, onion, peppers and courgette.

3 Cook for 5 minutes, then add the olives, passata, wine and mixed herbs. Bubble for 10 minutes, until reduced by a third.

4 Toss the pasta twists with the meatballs, remaining parsley and the tomato sauce.

5 Transfer to an ovenproof dish and scatter over the mozzarella. Bake for 15 to 20 minutes until bubbling.

Per serving: 797 calories, 36g fat (14g saturated), 80g carbohydrate

EASY EVERYDAY

“A perfect one-pot dish that’s high in protein, healthy antioxidants and punchy flavour”



Chicken and olive roast (recipe page 30)



✚
Cook's tip
Fresh young
goats' cheese
is a lot lower
in fat than
riper goats'
cheese

Spring onion and goats' cheese frittata (recipe overleaf)

✦
Cook's tip
Our chicken
roast is also tasty
with chickpeas,
peppers and
aubergines

Chicken and olive roast

The tomatoes, onions and beans all create a lovely sauce for the chicken.

PREPARATION TIME: 20 MINUTES
COOKING TIME: 30 MINUTES
SERVES 4

✓ EASY

2tbsp olive oil
2 red onions, peeled and sliced
300g (10oz) cherry tomatoes
4 garlic cloves, peeled
4 skinless chicken breasts, cut into 3
400g can cannellini beans, drained
and rinsed
handful black olives
zest 1 lemon
2tbsp fresh parsley, chopped

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Place half the oil, the onions, tomatoes and garlic in a roasting tin, and cook in the oven for 15 minutes.

2 Fry the chicken in the rest of the oil for 2 to 3 minutes until golden. Add to the onions and tomatoes, roast for 10 minutes, then add the beans, olives and lemon zest. Return to the oven for 5 minutes. Serve sprinkled with parsley.

Per serving: 351 calories, 9g fat (1.5g saturated), 23g carbohydrate

✦ GREAT FOR VEGGIES

Spring onion and goats' cheese frittata

Eggs are an excellent source of protein, vitamins and minerals.

PREPARATION TIME: 10 MINUTES
COOKING TIME: 20 MINUTES
SERVES 6

✓ EASY

4tbsp olive oil
2 garlic cloves, peeled and crushed
3 bunches spring onions, trimmed
and roughly chopped, plus extra, finely
sliced, to scatter
1tbsp green peppercorns in brine,
rinsed, drained and lightly crushed
12 free-range eggs, beaten
2tbsp young mint leaves
200g (7oz) vegetarian soft goats'
cheese, drained and crumbled

1 Heat the grill. Heat the olive oil in a large frying pan (if you don't have a large frying pan, use a smaller one and make 2 smaller frittatas instead). Fry the garlic for around 30 seconds, stirring. Add the spring onions and peppercorns and cook gently for 1 minute, stirring the ingredients together.

2 Pour in the eggs and half the mint leaves and cook gently for a few minutes until the mixture is set underneath but not on the surface. Scatter with the goats' cheese.

3 Transfer to the grill and cook for a few minutes, watching closely, until the surface is golden. Scatter with the finely sliced spring onions, the remaining mint and a little sea salt. Cut into wedges and serve with a tomato and olive salad, and chunks of wholegrain bread.

Per serving: 365 calories, 29g fat (11g saturated), 5g carbohydrate

✦ GREAT FOR VEGGIES

Smoky vegetarian chilli

For strict veggies, ensure you buy vegetarian Cheddar cheese.

PREPARATION TIME: 15 MINUTES
COOKING TIME: 30 MINUTES
SERVES 4

✓ EASY / PREPARE AHEAD / FREEZE

2tbsp olive oil
2 red onions, chopped
1 red chilli, finely chopped
2 garlic cloves
350g pack Quorn mince
½tsp smoked paprika
2 x 400g tins chopped tomatoes
1tsp dark brown sugar
130ml (½pt) red wine
420g can mixed beans, rinsed and
drained
350g (12oz) chopped frozen
vegetables
135g pack taco shells
150ml (⅓pt) half-fat crème fraîche,
to serve
100g (4oz) Cheddar, grated, to serve

1 Heat the oil in a large pan, on a medium heat, and fry the onions, chilli and garlic for about 10 minutes, until softened.

2 Add the Quorn, paprika, tomatoes, sugar and wine, season and simmer for 10 to 15 minutes. Add the beans and vegetables and cook for a further 5 minutes.

3 Season to taste, then spoon into the taco shells and serve with the crème fraîche and grated Cheddar cheese.

Per serving: 659 calories, 32g fat (11g saturated), 55g carbohydrate

FEEL GOOD+

CHILLI KNOW-HOW

Our vegetarian chilli is a powerhouse of protein, vegetables and fibre.

Remember, all mixed beans contribute towards your five-a-day. This chilli freezes really well, so why not make a big batch and serve with baked potatoes, pasta or rice as a simple midweek meal?

“Quorn is naturally low in fat and high in protein, and contains zero cholesterol”



Smoky vegetarian chilli

EASY EVERYDAY

“Make this posh pasta in under 20 minutes,
the perfect dish when crab is in season”



Crab, chilli and cherry tomato linguine

FEEL
GOOD+

CHILLI KNOW-HOW

The heat in chillies comes from the white membrane and the seeds, so handle with care when chopping. It's been suggested that the brain releases endorphins, the pleasure hormone, in response to their heat. They definitely help reduce congestion if you're suffering from a cold.

Crab, chilli and cherry tomato linguine

Crab is an excellent source of vitamin B12, zinc, potassium and protein.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 10 TO 12 MINUTES

SERVES 4

✓ **EASY**

400g (14oz) linguine or spaghetti
2tbsp olive oil
200g (7oz) fresh white and brown crab meat (available in most supermarkets)
juice 1 lemon
2 red chillies, very finely chopped
large handful cherry tomatoes, quartered
large handful parsley, leaves roughly chopped

1 Cook the pasta according to the pack instructions. When done, drain it and coat in half the olive oil.

2 Put the pasta back in the pan with all the other ingredients and season well.

3 Serve with an extra glug of olive oil on each portion.

Per serving: 439 calories, 8g fat (1g saturated), 76g carbohydrate

TRY THIS

Use fresh mussels or clams, cooked in a hot, lidded pan with a splash of water for 2 to 3 minutes until their shells have opened. Discard any broken or unopened ones. Prawns work well too.



Oven-baked fish and chips

Oven-baked fish and chips

Make sure you always check with your fishmonger whether the fish you choose is from a sustainable source.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

SERVES 2

✓ **EASY**

400g (14oz) Désirée potatoes, thinly sliced into half moons
1tbsp olive oil
3 fresh thyme sprigs
2 firm white sustainable fish fillets
zest and juice 1 lemon

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Place a baking tray in the oven for 10 minutes to heat up. Coat the potatoes in the oil and sprinkle with sea salt and the thyme sprigs. Spread the potatoes out on a piece of baking paper and transfer to the hot tray. Bake in the oven for 20 minutes.

2 Sprinkle the fish fillets with the lemon zest, a little salt and lots of pepper. Add to the tray, squeeze over some lemon juice, and cook for another 10 minutes, until the fish is flaking, but still moist.

+

Smart idea
While the oven is on, why not serve this with a healthy dish of roasted veg?

Serve either on plates, or straight from the baking paper!

Per serving: 320 calories, 7g fat (1g saturated), 34g carbohydrate

TRY THIS

To liven things up, try adding a teaspoon of your favourite spice mix to the oil to coat the potatoes. We like garam masala or Mexican spice mix. You could also try sprinkling the fish with some very finely chopped red chilli before baking. These potatoes are also great served with any grilled meat, fish or chicken.



THIS IS A DELICIOUS WAY OF GETTING MORE ESSENTIAL OMEGA-3 FATTY ACIDS INTO YOUR DIET, AS SALMON IS A GREAT SOURCE. SERVED WITH THE SPINACH AND RADISHES, IT'S A MEAL PACKED FULL OF NUTRIENTS. ALL THESE GREAT FLAVOURS ARE TOPPED WITH A DELICIOUS DRESSING, WHICH WILL HAVE YOU COMING BACK FOR SECONDS!

GORDON RAMSAY'S

Glazed salmon with spinach and radish salad

A great idea for a healthy working lunch. If you're preparing this salad for a packed lunch, allow the salmon to cool and pack the dressing and salad leaves in separate containers. Assemble just before eating.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING

COOKING TIME: 6 MINUTES

SERVES 4

EASY / PREPARE AHEAD

4 lightly smoked salmon fillets, 125-150g (4½-5oz) each
100g (4oz) baby spinach leaves, washed and dried
8 to 10 radishes, washed, trimmed and finely sliced

for the marinade:

3tbsp honey
1tbsp lemon juice
2tbsp light soy sauce
1tbsp Dijon mustard
½tsp grated fresh root ginger

for the dressing:

1tbsp grated fresh root ginger
3tbsp rice wine vinegar

2tbsp light soy sauce

2tbsp sesame oil

2-3tbsp tahini

1 Remove the skin from the salmon and check carefully for pin-bones, pulling out any with kitchen tweezers. Place the fillets side by side in a shallow dish. For the marinade, mix the ingredients together in a bowl, then pour over the salmon to coat. Cover with clingfilm and leave to marinate in the fridge for 30 minutes to allow the flavours to permeate.

2 For the dressing, whisk together all the ingredients in a bowl and set aside.

3 Heat the oven to 230 C, 210 C fan, 450 F, gas 8. Arrange the spinach on individual plates and top with the radish slices.

4 Lift the salmon from the marinade and arrange on a lightly oiled baking tray. Cook in the oven for 4 to 6 minutes until medium rare, basting after 2 minutes. The fish should feel slightly springy when pressed.

5 Place a salmon fillet in the middle of each plate and drizzle the ginger and tahini dressing over the salad to serve.

Per serving: 216 calories, 11g fat (2g saturated), 7g carbohydrate



GORDON RAMSAY'S HEALTHY APPETITE: RECIPES FROM THE F WORD (QUADRILLE, £20)

The super-fit three-star chef, marathon runner and high-energy TV presenter provides recipes packed with flavour, but not with calories. Gordon rejects the idea that healthy food should be dull, instead offering recipes that are delicious, easy to prepare and cooked in a healthy way. "Choosing the right ingredients is the core of healthy eating," he says, "and seasonality is very important to me."

66 Oven-baking the salmon will capture and retain the flavour and nutrients without adding excessive amounts of fat



Gordon Ramsay's Glazed salmon with spinach and radish salad

“Fruit will provide you with a
boost of slow-release energy to
keep you going all morning”



Start the day

We all know the old saying “Breakfast like a king, lunch like a prince and dine like a pauper”. But how many of us actually adhere to it? Rebecca Smith has ideas to make sure you breakfast in a healthy way

Okay, we're not suggesting that you eat stale bread for supper or roast pheasant first thing in the morning, but the benefits of having a hearty breakfast have been well documented. Studies have shown that those who eat breakfast regularly are less likely to be overweight than those who skip it, and there is also evidence to suggest that eating breakfast makes you more mentally alert and ready to cope with the rest of the day.

But what to eat? Breakfast is the meal that we're most likely to get in a rut with – it might be because we don't have time in the morning to do anything different, or it could be because when we're still half asleep, we crave the security of consistency. But whatever the reason, there are lots of different ways to make sure we enjoy a balanced and healthy breakfast, and most of them require virtually no forethought.

✦ CEREAL

Probably the most popular breakfast choice around. Go for a low-sugar option (eating sugar first thing in the morning causes your blood sugar to fluctuate during the day, making you more susceptible to cravings), preferably including wholegrains. Eat with semi-skimmed or skimmed milk, and for an extra vitamin kick, add a sliced banana, a handful of dried fruit or a few chopped berries. Make sure you stick to the recommended serving size on the box too – most of us are eating a double or triple serving without even realising it.

✦ PORRIDGE

Porridge is probably the best choice you could make for breakfast, as its complex carbohydrates release slowly, keeping you feeling full until lunch. Try making it with soya milk if you're going through the menopause – you can hardly taste the difference once the porridge is made. Like cereal, you can top it with virtually anything you fancy – our favourites are some fresh berries, a drizzle of honey and a sprinkling of sunflower seeds.

✦ TOAST

Quick, delicious and the perfect partner to a cup of tea, toast is the ultimate comfort food. But it can be a healthy choice too – you just need to make some slight changes.

- ✦ Switch your white loaf to a wholemeal one. Wholemeal contains wholegrains, which will keep you fuller for longer, and the bread is less processed and therefore has fewer additives.
- ✦ Instead of butter, try a lower-fat spread. If you really can't live without butter, though, make sure it's at room temperature so you can spread it easily without piling on big chunks.
- ✦ Try mashing a ripe banana and spreading it on to your

wholemeal toast. It's surprisingly delicious and satisfying, and it makes a filling breakfast that will keep you going all morning.

✦ TRADITIONAL FULL ENGLISH

It's not a joke – you can still enjoy a full English as part of a balanced diet, and it needn't go on the calorie sin list.

- ✦ Remember to grill everything rather than fry it. Buy lean back bacon (British, of course) and cut off the excess fat. Look for reduced-fat sausages in the supermarket, and pierce them with a fork a couple of times before cooking to allow the fat to seep out. Grill halved tomatoes with a sprinkling of chopped fresh parsley and black pepper – there's no need to add oil.
- ✦ Poach or boil your eggs – poached eggs are fantastic with cooked breakfasts as the yolks stay fabulously runny.
- ✦ Use reduced-salt and reduced-sugar baked beans – you can always add flavour by seasoning with pepper.
- ✦ Instead of fried bread, have wholemeal toast spread with a little butter or, better still, Marmite – it goes well with baked beans.
- ✦ Remember that mushrooms are sponges for oil, so avoid frying them. Instead, grill a large portobello mushroom with a little salt and pepper – they have a wonderfully meaty texture that will really bulk out your breakfast.

✦ FRUIT SALAD

A fresh fruit salad at breakfast time provides a boost of slow-release energy that will keep you alert and satisfied throughout the morning. If you're pushed for time, make a big batch one evening and have a portion each morning. If you're using bananas, though, only add them when you're ready to eat – otherwise they go soggy if left in the fruit juice for too long.

✦ SMOOTHIES

A fantastic breakfast choice in the warmer months, smoothies can be made in advance and kept for up to three days in the fridge. Try some of our top tips:

- ✦ Using frozen berries will give you a lovely, thick, slushy smoothie, perfect for an energy kick on a cold morning.
- ✦ Add low-fat probiotic yogurt in with the fruit to bulk it out – it's a great way to get calcium too.
- ✦ Throw in a handful of oats or a couple of tablespoons of ground linseed (available at health shops) to add extra nutrients.



For more healthy breakfast ideas, visit womanandhome.com.

Around the world

Herbs and spices add flavour to the simplest of foods.

We all love variety in our lives, so here we've put together simple yet exciting recipes from Vietnam to Mexico. Whether it's a new idea for a stir-fry, a curry that veggies will love or a different twist on Thai, these inspiring dishes will beat any takeaway, and have plenty of feel good factors too.





Vietnamese lemongrass, chicken and prawn wraps

A fat-free dipping sauce plus zesty flavours make this a delicious low-fat dish.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

SERVES 6 TO 8

EASY

4 skinless free-range chicken breast fillets
400g (14oz) raw prawns
 little oil, for stir-frying
3cm (1¼in) piece ginger, grated
2 stalks lemongrass, finely sliced
1 each: red and green chilli, diced
zest and juice 1 lime
2tbsp Thai fish sauce
2tbsp palm (or soft brown) sugar
fresh coriander and mint sprigs
romaine, cos or iceberg lettuce, to serve
for the dipping sauce:
150g (5oz) caster sugar
150ml (¼pt) rice vinegar
3 fat red or green chillies, chopped

1 First make the dipping sauce. In a small saucepan, dissolve the sugar in the rice vinegar over a gentle heat. Add the chillies, then set aside.

2 Put the chicken and prawns into a food processor and pulse until minced, but not long enough to form a pulp. Heat a large wok, add the oil, the chicken and prawns. Stir for a few minutes, then add the ginger, lemongrass, chillies, lime zest and juice, fish sauce and palm sugar. Stir-fry until the chicken and prawns are cooked through and all the flavours are well combined.

3 To serve, put the chicken and prawn mix into a bowl. On a platter, add coriander and mint, lettuce and bowls of dipping sauce. Add chicken and prawn mix to a lettuce leaf with a sprig each of mint and coriander, roll up and dip into the sauce.

Per serving: 370-275 calories, 12-9g fat (3-2g saturated), 32-24g carbohydrate

✦ GREAT FOR VEGGIES

North Indian chickpea, lentil and squash curry

Vegans will love this nutritious, filling curry too. Freeze minus fresh herbs and spinach.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 45 MINUTES

SERVES 6 TO 8

EASY / PREPARE AHEAD / FREEZE

1 large onion, sliced
2tbsp oil
1tsp each: ground coriander, fennel seeds, cumin, turmeric, garam masala, black pepper, chilli flakes and ground cinnamon
1tbsp fresh root ginger, grated
150g (5oz) red lentils
½ butternut squash, peeled and chopped
400g tin chickpeas, drained and rinsed
3 handfuls baby spinach
juice 1 lemon
2tbsp each: freshly chopped coriander and mint

1 Cook the onion in the oil in a large saucepan until softened. Add the spices and fresh ginger, stir well and cook for a few minutes. Season well.

2 Add the lentils, squash and 700ml (1¼pt) water. Bring to the boil then simmer until the lentils are thick and mushy. Add the chickpeas and spinach, and stir well until the leaves have wilted and the mixture is hot. Add the lemon juice and herbs. Serve with paratha, pappadums or a mixture of breads, and our Quick tomato and red onion salad (see below).

Per serving: 332-221 calories, 9-6g fat (1-0.5g saturated), 48-32g carbohydrate

QUICK TOMATO AND RED ONION SALAD

A refreshing side dish to go with any curry, and so simple to make. Finely chop 1 red onion. Deseed and dice 4 medium tomatoes, and mix with the red onion. Add the juice of 1 lime and 2 teaspoons of chopped fresh coriander with some salt. Stir well.

“A flavour-packed curry that is low in fat and so filling – veggies and vegans will love it”



✦
Try this
Ring the
changes and use
watercress or
rocket instead
of spinach

North Indian chickpea, lentil and squash curry

“It's surprising how you can transform a simple chicken breast with a little spice”



Ginger and spiced chicken curry

✚
Cook's tip
If you love spice,
add some finely
chopped green
chilli at the end
of cooking

Ginger and spiced chicken curry

A little amount of half-fat crème fraîche makes this deceptively rich in flavour.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING

COOKING TIME: 25 MINUTES

SERVES 4

EASY / PREPARE AHEAD

4 skinless, boneless free-range chicken breasts, diced

3tblsp vegetable oil

500g (1lb 2oz) tomatoes, skinned, deseeded and roughly chopped

½tsp ground fenugreek

2tblsp half-fat crème fraîche
basmati rice, to serve

for the marinade:

250g (9oz) 0% Greek yogurt

5cm (2in) piece root ginger, peeled and finely grated

4 garlic cloves, crushed

1tsp each: paprika, ground cumin, ground turmeric and garam masala

1tblsp ground coriander

juice **½** lime

1 First, make the marinade. Mix together all the marinade ingredients and a pinch of salt in a non-metallic bowl. Add the diced chicken, cover and chill for at least 2 hours or overnight.

2 Heat 2 tablespoons of the oil and fry the chicken in batches for 3 to 4 minutes until browned. Transfer to a clean pan. Add any remaining marinade and 150ml (¼pt) water, and simmer for 10 minutes.

3 In a separate pan, heat the remaining oil, tip in the tomatoes and cook for 3 to 4 minutes until they turn into a thick pulp. Add the fenugreek. Stir in the crème fraîche, then pour the tomato sauce over the chicken and cook for a minute. Serve with plain basmati rice.

Per serving: 316 calories, 13g fat (3.5g saturated), 9g carbohydrate



Crispy prawns with zingy chilli

Crispy prawns with zingy chilli

You don't need very much oil to get this lovely crispy effect, around 4 tablespoons.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

SERVES 2

EASY

50g (2oz) breadcrumbs

3tblsp sesame seeds

zest **1** lime

200g (7oz) raw king prawns, deveined

2tblsp plain flour

1 free-range egg, beaten

vegetable oil, for shallow frying

for the dipping sauce:

4tblsp sweet chilli sauce

zest and juice **1** lime

1 spring onion, finely sliced

1 Mix the breadcrumbs, sesame seeds and lime zest together, and season with salt. Dip

the prawns in the flour, then into the egg, and finally into the breadcrumb mixture.

2 Heat the oil in a large, deep frying pan. When very hot, add the prawns and fry, in batches, for 2 or 3 minutes until golden and really crispy.

3 Mix all the ingredients for the dipping sauce together and serve with the prawns.

Per serving: 590 calories, 29g fat (5g saturated), 48g carbohydrate

TRY THIS

This simple dish is surprisingly versatile. You could use thin strips of skinless chicken breast or white fish, such as pollock or whiting. Add a big crunchy salad for a delicious Saturday lunch or this makes a perfect dinner party starter. Always serve immediately.



Korma crab cakes

Korma crab cakes

If available, use fresh white crab meat, which is lower in salt than tinned in this recipe.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 10 MINUTES

MAKES 15 MINI CAKES

EASY / PREPARE AHEAD

for the crab cakes:

3 x 170g tins white crab meat, drained and excess water squeezed out
 ½ large red chilli, finely chopped
 20g (¾oz) piece fresh ginger, peeled and grated
 ½tbsp korma curry paste
 15g (½oz) fresh coriander, finely chopped
 2 spring onions, finely chopped
 zest 1 lime
 35g (1¼oz) fresh white breadcrumbs
 2tbsp olive oil, for frying
 lime wedges, to serve

for the lime mayo:

100g (4oz) low-calorie mayonnaise
 zest and juice 1 lime

1 Put all the ingredients for the crab cakes (except the oil and lime wedges) into a large bowl and combine well. Shape into small patties, about 4cm (1½in) wide and chill the mixture until needed.

2 To make the lime mayo, mix the mayonnaise, lime zest and juice, and decant into a small serving bowl.

3 When ready to serve, heat the oil in a large frying pan and add the crab cakes in batches. Fry for 2 to 3 minutes on each side until golden and cooked through. Serve with the lime mayo and a few extra lime wedges.

Per mini cake: 68 calories, 4g fat (0.5 saturated), 2g carbohydrate

King prawn and cucumber salad

Always ensure the prawns you buy are sustainably sourced – check the pack.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

SERVES 8

EASY / PREPARE AHEAD

100ml (4fl oz) vegetable oil
 4 shallots, thinly sliced
 32 large raw shelled king prawns
 3 cucumbers, peeled
 1 bunch coriander, roughly chopped
 1 bunch mint, leaves roughly chopped
 100g (4oz) shelled peanuts, toasted and roughly chopped

for the dressing:

4tbsp Thai fish sauce
 4tbsp fresh lime juice
 2tsp caster sugar
 2 small chillies, deseeded and finely chopped
 2 garlic cloves, crushed
 ½tsp shrimp paste

1 To make the dressing, simply mix all the ingredients together.

2 Heat the oil in a large frying pan and, when hot, add the shallots and cook until crispy, then drain on kitchen paper. Reheat the oil, then fry the prawns for a couple of minutes on each side until cooked. Put the prawns in a bowl and spoon over 1 tablespoon of the dressing. Using a potato peeler, peel long ribbons from the cucumber until you reach the seeds.

3 To assemble, place a handful of cucumber ribbons on each plate and place the prawns on top. Sprinkle over the fried shallots, herbs and peanuts, and spoon over the dressing.

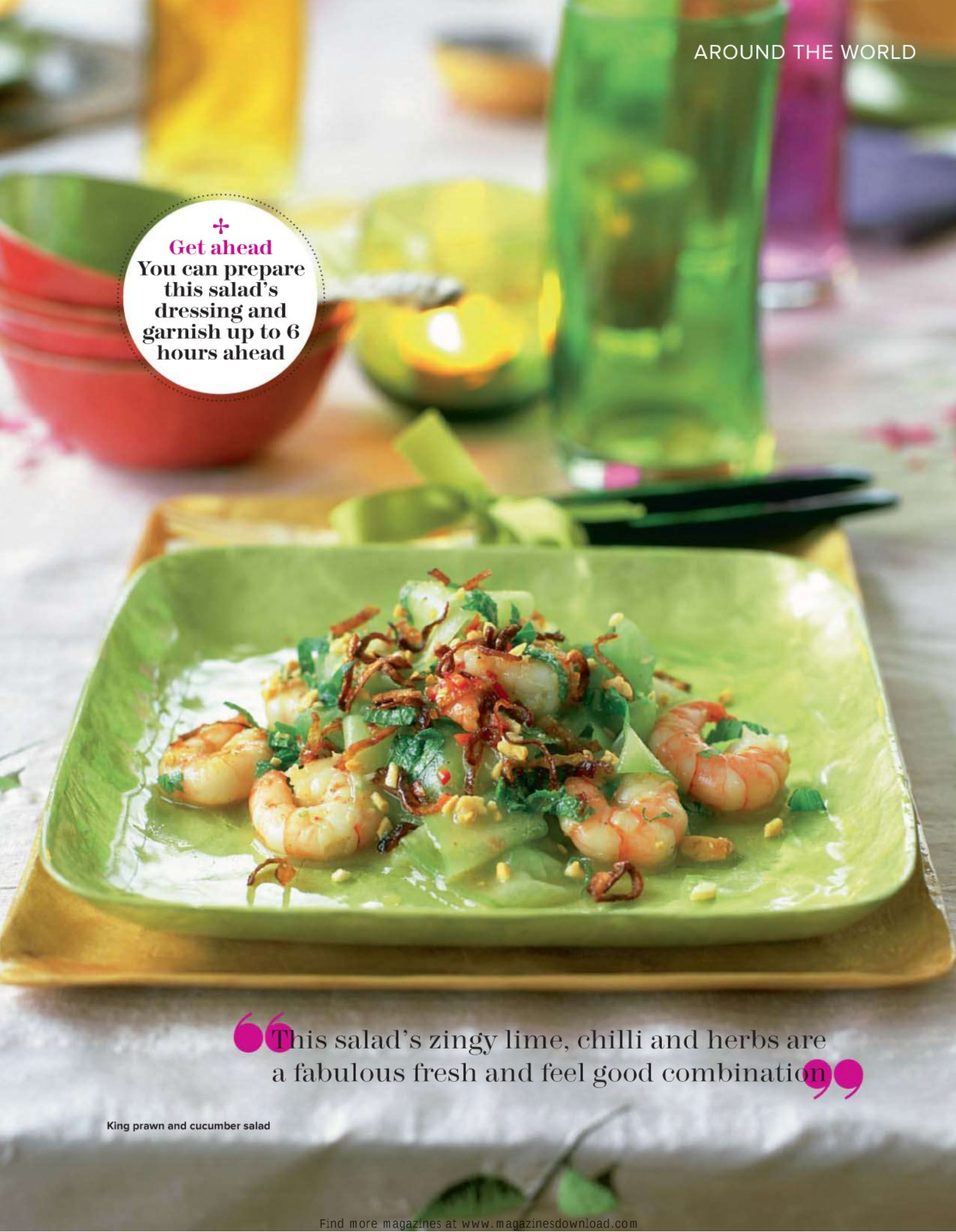
Per serving: 231 calories, 16g fat (3g saturated), 7g carbohydrate

FEEL GOOD+

HERB KNOW-HOW

Not only do fresh herbs add flavour, freshness and colour to your cooking, they are good for you too. Coriander is good for the stomach and the urinary tract, while mint aids digestion and mint tea helps with colds.

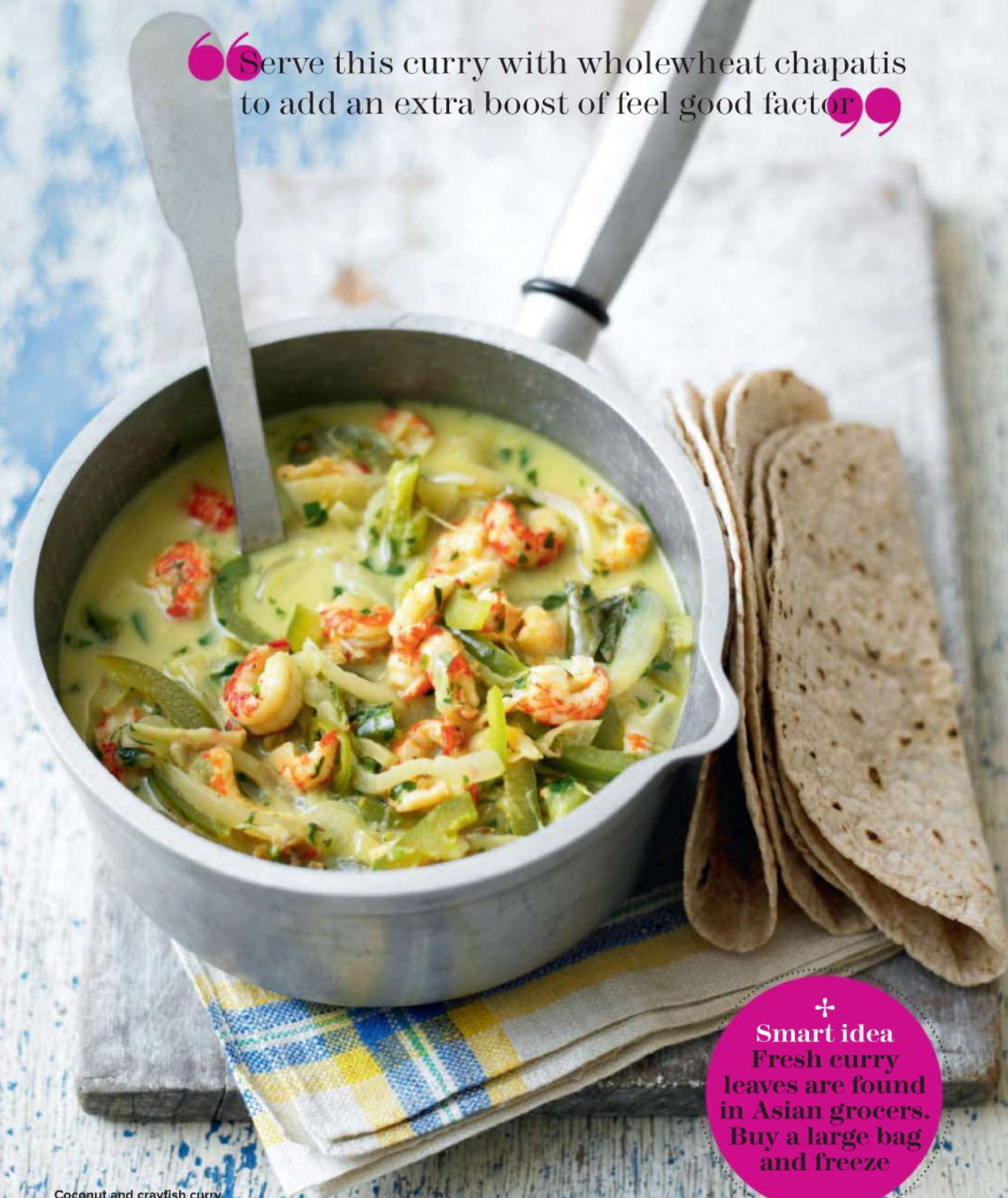
✚
Get ahead
You can prepare
this salad's
dressing and
garnish up to 6
hours ahead



“This salad’s zingy lime, chilli and herbs are
a fabulous fresh and feel good combination”

King prawn and cucumber salad

“Serve this curry with wholewheat chapatis to add an extra boost of feel good factor”



Coconut and crayfish curry

+
Smart idea
Fresh curry
leaves are found
in Asian grocers.
Buy a large bag
and freeze

FEEL
GOOD+

CRAYFISH KNOW-HOW

Crayfish are quite reasonably priced and are often found in the freezer section of the supermarket. You can also find them in brine, but this increases the salt content. Otherwise, you could happily use prawns in both of these recipes.

Coconut and crayfish curry

Crayfish are an excellent source of vitamin B12, selenium and iodine.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 40 MINUTES

SERVES 4

 **EASY / PREPARE AHEAD**

3tbsp groundnut oil
1 onion, thinly sliced
small handful fresh or dried curry leaves
1 medium-strength green chilli, thinly sliced
3 garlic cloves, thinly sliced
2tsp cumin seeds, crushed
2tsp coriander seeds, crushed
½tsp fenugreek seeds, crushed
¼tsp ground turmeric
35g (1¼oz) fresh root ginger, grated
2 green peppers, cored and thinly sliced
400ml tin reduced-fat coconut milk
150ml (½pt) fish or chicken stock
1tbsp lime juice
300g (10oz) cooked crayfish tails
small handful coriander, finely chopped

1 Heat the oil in a large saucepan and gently fry the onion for 5 minutes to soften. Add the curry leaves, chilli, garlic and dry spices and fry very gently for a further 10 minutes so the onion is very soft and only just beginning to colour.

2 Add the ginger, green peppers, coconut milk, stock and lime juice and season with a little salt. Simmer gently for 20 minutes, until the peppers are very soft.

3 Stir in the crayfish tails and coriander, check the seasoning and heat through gently for 1 minute. Ladle into bowls and serve with wholewheat chapatis.

Per serving: 242 calories, 19g fat (11g saturated), 7g carbohydrate



Crayfish and chilli spaghetti

Crayfish and chilli spaghetti

Serve as a light lunch or supper dish, either on its own or with a fresh tomato salad.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

SERVES 4

 **EASY**

300g (10oz) dried spaghetti or linguine
50g (2oz) stale pain de campagne or sourdough bread
100ml (4fl oz) extra virgin olive oil
4 shallots, thinly sliced
4 garlic cloves, crushed
1 medium red chilli, thinly sliced
185g (6½oz) cooked crayfish tails
100g (4oz) fresh peas
2tbsp lemon juice

1 Bring a large saucepan of salted water to the boil and cook the spaghetti for 5 to 6 minutes until just tender. Meanwhile, tear

the bread into small pieces. Heat 1 tablespoon of the oil in a frying pan and gently fry the bread pieces until golden. Remove from the frying pan and set aside.

2 Heat another tablespoon of oil and fry the shallots, garlic and chilli very gently until the shallots are soft. Stir in the crayfish tails and leave to heat through gently for a couple of minutes.

3 Add the peas to the pasta and cook for 1 minute. Drain lightly and return to the cleaned-out pan. Don't drain the pasta too thoroughly – it should retain plenty of moisture.

4 Add the contents of the frying pan, the fried bread, the remaining olive oil and the lemon juice to the pasta pan with freshly ground black pepper. Toss well then pile into serving bowls and serve immediately.

Per serving: 499 calories, 21g fat (3g saturated), 66g carbohydrate



Spring linguine

✚ GREAT FOR VEGGIES

Spring linguine

Asparagus is a great feel good food, like all vegetables. It's a rich source of folate, beta-carotene and vitamins C and E.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

SERVES 6

✓ EASY

500g (1lb 2oz) asparagus spears, cut into 5cm (2in) lengths
475g (1lb 1oz) dried linguine
3tbsp extra virgin olive oil
3 bunches spring onions, trimmed and cut diagonally into 1cm (½in) lengths
2 garlic cloves, peeled and crushed
2 medium-strength red chillies, deseeded and thinly sliced
zest 1 lemon, finely grated, plus 1 to 2tbsp juice
25g (1oz) basil leaves

✚
Try this
Use tenderstem
broccoli and
anchovies rather
than asparagus
out of season

1 Bring a large saucepan of salted water to the boil. Add the asparagus and cook for 1 minute. Drain with a slotted spoon and rinse under cold running water. Add the pasta to the water and cook for 6 to 8 minutes or until al dente, then drain.
2 Heat the oil in a frying pan and fry the spring onions, garlic, chilli and lemon zest for 1 minute.
3 Return the pasta to the pan. Add the onion mixture, lemon juice and basil and season with sea salt to taste. Transfer to pasta bowls and serve with crusty ciabatta.
Per serving: 371 calories, 9g fat (1.5g saturated), 63g carbohydrate

Stir-fried beef with egg noodles

If you're worried about your salt intake, Kikkoman does a reduced-salt soy sauce. You can also omit the Thai fish sauce.

PREPARATION TIME: 20 MINUTES, PLUS MARINATING

COOKING TIME: 10 MINUTES

SERVES 2 TO 3

✓ EASY

300 to 350g (10 to 12oz) sirloin steak, thinly sliced
125g (4½oz) dried medium egg noodles
75g (3oz) baby corn, sliced lengthways
1 large carrot, peeled and cut into fine strips
2 spring onions, sliced
1 green pepper, deseeded and cut into strips
50g (2oz) mangetout
2.5cm (1in) piece fresh root ginger, peeled and cut into fine strips
1 red chilli, deseeded and sliced lengthways
soy sauce, to taste
for the marinade:
2tbsp dry sherry
2tbsp soy sauce
2tbsp Thai fish sauce
1tbsp sugar

1 Mix together the marinade ingredients, stir in the beef, cover and refrigerate for at least 30 minutes or overnight.
2 Cook the noodles in boiling water for about 4 minutes or according to the pack instructions, then refresh under cold water. You could toss them in a little sesame or groundnut oil here to prevent sticking.
3 Heat a non-stick wok until really hot. Brown the beef, retaining the marinade for use later, before adding the baby corn, carrot, spring onion, green pepper, mangetout, ginger and chilli. You may have to do this in 2 batches. Stir-fry for a few minutes, then add the marinade for the final minute.
4 Add the noodles and mix all the ingredients together. Pour over a little soy sauce to taste and serve immediately.
Per serving: 565-377 calories, 13-8.5g fat (4.5-3g saturated), 62-41g carbohydrate

FEEL
GOOD+**BEEF KNOW-HOW**

Lean beef is an excellent source of protein. Interestingly enough, it contains the co-enzyme Q10, which is now used by beauty companies in anti-ageing creams. Beef is a very important source of iron and zinc in the diet, although any red meat should be eaten in moderation. In our stir-fry, you can substitute the sirloin steak for fillet or rump.

“This recipe is also delicious served cold to make a flavoursome lunchbox the next day”

Stir-fried beef with egg noodles

“This is a twist on the Greek moussaka, made without potatoes and a white sauce instead of yogurt”

✦
Get ahead
You can
assemble this the
day before and
leave covered in
the fridge

Baked lamb and aubergine

Baked lamb and aubergine

When frying the mince, a non-stick pan eliminates the need to add any extra oil.

PREPARATION TIME: 40 MINUTES

COOKING TIME: 50 MINUTES

SERVES 8

 **EASY / PREPARE AHEAD / FREEZE**

900g (2lb) lean lamb mince
1 onion, finely chopped
2 garlic cloves, finely chopped
1tsp ground coriander
1tsp ground cumin
1 cinnamon stick
1tsp dried oregano
130ml (4½fl oz) white wine
400g tin chopped tomatoes
5tbsp tomato purée
2tbsp fresh mint, finely chopped
2 large aubergines, sliced lengthways into ½cm (¼in) slices
2tbsp olive oil

for the sauce:

1 quantity White sauce (see our recipe, right)
2 free-range eggs
150g (5oz) feta, crumbled
nutmeg, to grate

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Heat a large, deep non-stick pan until hot, add the mince and cook on a high heat until browned all over. Add the onion, garlic, spices and oregano, and cook on a medium heat for 5 minutes. Pour in the wine and tomatoes, add the purée, bring to the boil, then simmer for 10 minutes. Season, stir in the mint and remove the cinnamon.
2 Meanwhile, heat a griddle pan until hot. Brush the aubergine slices all over with olive oil on both sides. Fry for 2 or 3 minutes on each side until cooked.
3 To make the sauce, follow our White sauce recipe (right). Once the sauce has thickened, set aside to cool slightly. Season well and beat in the eggs.
4 In a large, deep ovenproof dish, layer up the lamb ragù and the aubergines. Pour over the white sauce and top with the cheese. Sprinkle with nutmeg and transfer to the oven for 25 to 30 minutes until bubbling and golden.

Per serving: 450 calories, 20g fat (11g saturated), 13.5g carbohydrate



White sauce

If you're seriously cutting down on your fat intake, you can use skimmed milk.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

SERVES 6

 **EASY / PREPARE AHEAD**

50g (2oz) butter
50g (2oz) plain flour
600g (1lb 5oz) semi-skimmed milk

1 Gently heat the butter in a heavy-based pan until completely melted. Don't allow the butter to burn or it will affect the flavour of your sauce. Then, start to add the flour.
2 On a low heat, use a wooden spoon to stir in the flour to make a roux (thick paste). Cook for 3 minutes, stirring all the time until the paste is smooth (it will look a little grainy).
3 Gradually add the milk, a little at a time, stirring after each addition until combined. Keep the heat gentle so you don't "catch" the sauce on the bottom of the pan.
4 Heat, stirring continuously, for 3 or 4 minutes until the sauce begins to thicken and turn beautifully glossy.

Per serving: 136 calories, 9g fat (5.5g saturated), 11g carbohydrate

COOK'S TIP

- + A white sauce is made from a roux – a mixture of equal parts flour and butter cooked to a smooth paste. Adding milk to the roux makes a white sauce.
- + It's important to cook the roux paste briefly before adding the milk; this activates the gluten in the flour, which allows the sauce to thicken.
- + The secret to lump-free sauce is to add the milk very gradually, stirring all the time. Use a wooden spoon at first, then switch to a whisk to help get rid of any lumps.

+ TRY THIS

The basic recipe for white sauce is so versatile, you can add all sorts of leftovers to make a quick and tasty supper... If you have leftover Bolognese, try turning it into lasagne. Add some grated cheese for a simple cauliflower cheese supper.



Tex Mex beef chilli

Tex Mex beef chilli

Try to include pulses in your diet, as they're a good source of protein and fibre.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 30 MINUTES

SERVES 4



EASY / PREPARE AHEAD / FREEZE

1tbsp olive oil, plus extra for tortillas
350g (12oz) rump steak, sliced
300g jar Discovery Fajita sauce
1 red onion, peeled and finely chopped
3 plum tomatoes, chopped
410g tin black eyed beans or kidney beans, drained and rinsed
4 flour tortillas
pinch paprika
2tbsp coriander, chopped
juice ½ lime
guacamole, salsa and soured cream or yogurt, to serve

1 Heat the olive oil and fry the beef with the spices (you'll find them on top of the fajita sauce jar) for 2 to 3 minutes. Add the onion and tomatoes, and cook for 5 minutes. Pour in the fajita sauce and beans, and cook for 10 to 15 minutes.

2 Heat a splash of oil in a pan, add 1 tortilla and fry until golden on one side; sprinkle with paprika, turn and cook on the other side. Repeat with the remaining tortillas, then slice into wedges.

3 Add the coriander and lime juice to the chilli and serve with the sauces and tortillas.
Per serving: 527 calories, 19g fat (4g saturated), 55g carbohydrate

Cook's tip
 This freezes well but don't add the coriander or lime until you're ready to serve

FEEL GOOD+

SPICE KNOW-HOW

Spices stimulate the appetite and will make food more flavoursome, but used in small amounts, they're of little nutritional value. However, they are a healthy alternative to salt in the diet. Spices are widely used in Ayurvedic medicine, as well as in infusions and cooking for health. Coriander seeds, for example, help stimulate the digestive system.

One-pan spicy Biryani

If you don't eat red meat, you can substitute the lamb with chicken breasts.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 35 MINUTES

SERVES 4



EASY / PREPARE AHEAD

1tbsp vegetable oil
1 onion, peeled and sliced
1tsp cumin seeds
1tsp mustard seeds
1tbsp curry paste (such as Patak's Kashmiri)
350g (12oz) cubed lean lamb
1 red pepper, sliced
200g (7oz) basmati rice
400ml (14fl oz) organic chicken stock
2 tomatoes, chopped
200g bag spinach
1tbsp chopped coriander (optional)

1 Heat the oil in a sauté pan and cook the onion for 5 minutes, until softened and browned. Stir in the cumin and mustard seeds; add the curry paste, lamb and pepper. Fry for 5 minutes until browned.

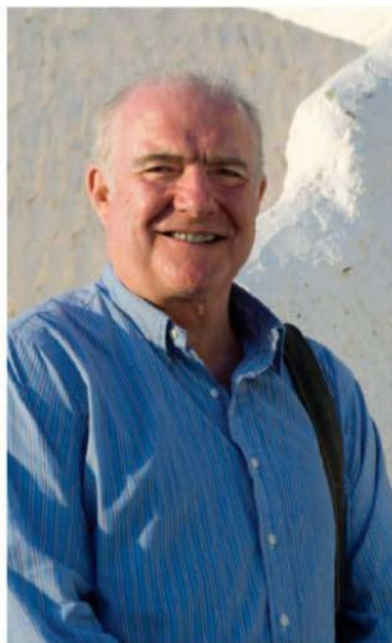
2 Add the rice, stock and tomatoes, and cook for 20 minutes until the stock has been absorbed. Take off the heat, cover, and let the rice steam for 5 minutes.

3 Meanwhile, microwave the spinach, then drain in a colander. Stir into the rice with the coriander and season with salt and black pepper. Serve with natural yogurt, mango chutney and lime wedges.

Per serving: 410 calories, 12g fat (4g saturated), 48g carbohydrate

“Lamb is the only naturally free-range meat you can buy. It can't be farmed intensively.”

One-pan spicy Biryani



THE RIGHT MIX OF SPICES CAN BRING ANY FOOD TO LIFE, AND THIS DISH IS NO EXCEPTION. THOUGH NOT THE FIRST THING YOU MIGHT THINK OF WHEN IT COMES TO VEGETABLE CURRY, BEETROOT GOES SURPRISINGLY WELL WITH THESE ASIAN FLAVOURS. PLUS, IT'S RICH IN NUTRIENTS, INCLUDING BETAINE, WHICH HELPS THE BODY MAKE CARNITINE – WHICH HELPS THE BODY TURN FAT INTO ENERGY. WHAT A PERFECT FOOD!

RICK STEIN'S

Beetroot curry (*theldala*)

I ordered quite a few beetroot curries when I was in Sri Lanka because I am very fond of beetroot and it is a very good example of how the Sri Lankans can turn any vegetable into a memorable dish. I liked the creamy dishes with lots of coconut milk, but this was a welcome change, more like a stir-fry, where the beetroot remains slightly crunchy. It's known locally as a *theldala*. I've used coconut oil but you might find the flavour a little too powerful. If so, use vegetable oil instead. This is also nice made with carrots cut into batons like the beetroot.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

SERVES 4



EASY

750g (1lb 10oz) raw beetroot, trimmed of their leaves and peeled
3tbsp coconut or vegetable oil
1tsp cumin seeds
1tsp black mustard seeds
7.5cm (3in) cinnamon stick, broken into smaller pieces
10 to 12 curry leaves
2 green cayenne chillies, thinly sliced
150g (5oz) onions, finely chopped
15g (½oz) garlic, crushed
1tsp unroasted Sri Lankan curry powder (see recipe, right)
1tsp kashmiri chilli powder
¼tsp turmeric powder
125g (4½oz) chopped tomatoes, fresh or canned
1tbsp lime juice

- 1** Cut the beetroot across into 7 to 8mm (¼ to ⅓in) thick slices. Then cut each slice into 7 to 8mm (¼ to ⅓in) wide batons.
- 2** Heat the oil in a large, deep frying pan over a medium heat. Add the cumin seeds, mustard seeds, cinnamon and curry leaves and leave to sizzle for a few seconds until the mustard seeds stop popping. Add the green chillies, onions and garlic and fry for 5-6 minutes until soft and lightly browned.
- 3** Stir in the curry powder, chilli powder and turmeric, cook for a few seconds, then add the beetroot, tomatoes and 1 teaspoon salt. Cover and cook over a medium-low heat for 15 minutes, stirring

regularly, until the beetroot is just tender but still very slightly crunchy. Add a couple of tablespoons of water during cooking if it starts sticking to the base of the pan, but ideally leave it to cook in its own juices. Uncover, stir in the lime juice and serve.
Per serving: 163 calories, 10g fat (1g saturated), 18g carbohydrate

+ GREAT FOR THE STORECUPBOARD

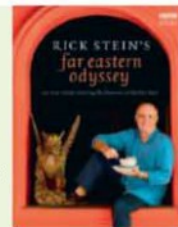
UNROASTED SRI LANKAN CURRY POWDER

1tbsp uncooked long-grain or basmati rice
50g (2oz) coriander seeds
25g (1oz) cumin seeds
25g (1oz) fennel seeds
7.5cm (3in) cinnamon stick
1½tsp fenugreek seeds
½tsp cloves
½tsp cardamom seeds (from about 10 green pods)
½tsp black mustard seeds
1tsp black peppercorns
3 dried red kashmiri chillies
1tsp turmeric powder

Heat a small, heavy-based frying pan over a medium heat. Add the uncooked rice and shake it around until it is lightly golden. Tip it into a small bowl and leave to cool. Then mix with the spices, dried chillies and turmeric powder, and grind everything (in batches if necessary) into a fine powder. Store in a screw-top jar. Use within 3 months.

RICK STEIN'S FAR EASTERN ODYSSEY (BBC BOOKS, £25)

This book accompanied the TV series by the same name, during which Rick visited Cambodia, Vietnam, Thailand, Malaysia, Bali, Sri Lanka and Bangladesh. The book recounts authentic recipes, such as Duck noodle soup and Cambodian marinated beef, with beautiful photography evoking the magic of bustling markets and the aromatic steam of a Far Eastern kitchen.





Rick Stein's Beetroot curry (theldala)



“Blueberries contain more antioxidants than any other fruit, but oregano ranks even higher!”

Nature's little helpers

It seems virtually every fruit and vegetable is now being touted as a “superfood” for its antioxidant properties. We explain what it all means

In recent years, the food and beauty industries have been bombarding us with information about antioxidants. Terms such as “phytochemicals” and “free radicals” are bandied about, but it all just becomes very confusing. So here's our simple guide to get you through the jargon:

✚ WHAT ARE FREE RADICALS?

Without trying to give a chemistry lesson, the body produces its own free radicals and can deal with them happily itself. They are part of its natural defence against disease, but when it produces too many, these cells can cause damage to cellular structure, resulting in inflammation, heart disease and even certain cancers. External factors, such as cigarette smoke and pollution, can also cause an increase in free radicals. Vitamins C and E, and other antioxidant nutrients help protect the body from this damage.

✚ WHAT ARE PHYTOCHEMICALS?

Phytochemicals are compounds contained in fruits, vegetables, beans and grains, which produce many of the beneficial effects associated with a healthy diet. These compounds include pigments that make fruit and vegetables orange, red and dark green, for example, as well as dietary fibre.

✚ WHAT ARE ANTIOXIDANTS?

Antioxidants are present in most foods and plants, and neutralise any free radicals present in the body, thus rendering them harmless. Vitamin E is an antioxidant, as is vitamin C. These substances can be found in most fruits and vegetables, and also some culinary and medicinal herbs. Blueberries contain more antioxidants than any other fruit, while garlic and oregano have higher levels than either fruit or vegetables. A tablespoon of oregano contains as many antioxidants as an apple. Studies have also found that smaller amounts of a large variety of antioxidants are more beneficial than large amounts of a small selection, so aim to include a wide range of beneficial foods in your diet.

✚ WHAT ARE THE HEALTH BENEFITS?

A sufficient intake of antioxidants is thought to help protect the body against certain cancers and heart disease. So just by eating a rainbow of fruit and vegetables every day, together with some fibre, nuts and seeds, your body should have enough antioxidants (for other sources, please see our list, right). Nutritionists believe that it's better to get your vitamins and antioxidants from natural sources, as they will contain other healthy properties not found in a tablet. That said, if your diet is lacking in certain nutrients, then you should take supplements after consulting your GP.

✚ WHAT YOU NEED – WHERE TO FIND IT

Although our bodies produce their own antioxidants, we need to boost our defences by eating foods that contain them.

Beta-carotene is the plant form of vitamin A, which is essential for growth and cell development, good sight, the immune system and a healthy skin. It is found in many orange foods, including sweet potatoes, carrots, cantaloupe melon, squash, apricots and mangoes. It's also present in some green, leafy vegetables, such as spinach and kale.

Vitamin A is found in oily fish, egg yolks, butter and cheese. The richest source of vitamin A, however, is liver – just a small piece will give you your daily requirement.

Lycopene is found in tomatoes, watermelon, guava, papaya, pink grapefruits and blood oranges, among others. The more concentrated the tomato, the higher the lycopene content, as it is not destroyed in cooking – so tinned tomatoes, ketchup and tomato purée all contain high amounts. Recent research has found lycopene to be a potential protector against prostate cancer.

Selenium is a mineral and an antioxidant. It's essential for healthy growth, fertility, liver function and hormone production. You also need it for healthy hair and skin, and it's good for your eyesight too. There's also good evidence that selenium helps to protect against prostate cancer. You'll find selenium in offal, other meats, fish and shellfish, dairy products (especially butter), citrus fruit, avocados, wholegrains and nuts (particularly Brazil nuts).

Vitamin C Our bodies can't store vitamin C, so you do need to take it in some form every day. It's also lost in storage. For example, potatoes are a good source, but not if they've been stored for a few months. Citrus fruit is particularly high in vitamin C, as are berries, kiwi fruit, peppers and many green vegetables. Vitamin C also helps to absorb iron and is essential for healthy gums, teeth, bones and skin.

Vitamin E is a particularly good antioxidant for fighting free radicals. It's contained in vegetable oils, wheat germ, nuts and seeds. It's thought to be key in fighting heart disease and is especially important if you have a high-fat diet.



For more information on healthy eating and the latest diets, visit womanandhome.com.

Weekend food

When you've a little more time to spare, what could be better than cooking up something special for family and friends? As always, our inspirational recipes are loaded with ideas for preparing ahead and freezing to make life easier. So try something new for Friday night, a different Sunday roast for the family and our great suppers for entertaining at home.



+ GREAT FOR VEGGIES

Vegetable Pissaladière

This southern French pizza is crammed with feel good root vegetables.

**PREPARATION TIME: 25 MINUTES,
PLUS RISING**

COOKING TIME: 1 HOUR

SERVES 6

 PREPARE AHEAD

½ x 7g sachet dried yeast

½tsp sugar

300g (10oz) "00" flour, plus extra

85g (3½oz) butter, cut into pieces

2 free-range eggs

2 small red onions, cut into wedges

2 large leeks, thickly sliced

600g (1lb 5oz) beetroot, cut into wedges

2 large carrots, thickly sliced

4tbsp olive oil

4 sprigs thyme

2tbsp balsamic vinegar

4tbsp fresh green pesto

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Blend the yeast with 6 tablespoons of tepid water and the sugar, and set aside.

2 Sift the flour into a bowl with the butter and a large pinch of salt. Then rub together with your fingertips until the mixture resembles breadcrumbs.

3 Make a well in the centre; add eggs and yeast mixture. Using your fingers (or in a food processor with a dough hook), bring the flour into the centre, then knead to a smooth dough. Place on a floured plate, cover with a floured cloth and leave somewhere warm for 2 hours, until it doubles in size.

4 Place the veg in a roasting tin, drizzle with the oil and add the thyme. Roast for 20 minutes. Add the vinegar and roast for 10 minutes. Remove the vegetables from the oven and increase the oven temperature to 220 C, 200 C fan, 425 F, gas 7.

5 On a floured surface, knock the dough back with your hands and knead briefly, then divide in 2. Place on a greased 23x35cm (9x14in) baking sheet and shape 2 long, thin rectangles with your knuckles. Spread them with the pesto and leave for 15 minutes, then bake in the oven for 20 minutes. Top with the vegetables and bake for a further 10 minutes. Serve warm.

Per serving: 500 calories, 28g fat (9g saturated), 54g carbohydrate

Salmon and broccoli tart

A great combination of omega-3 loaded salmon and vitamin-packed broccoli.

PREPARATION TIME: 30 MINUTES

COOKING TIME: 50 MINUTES

SERVES 4

 EASY / PREPARE AHEAD

10 sheets fresh filo pastry

50g (2oz) butter, melted

200g (7oz) purple-sprouting broccoli

4 free-range eggs

5tbsp half-fat crème fraîche

zest 1 lemon

2 skinless salmon fillets

2tbsp each: capers and chopped chives

100g (4oz) reduced-fat cream cheese

you will need:

20cm (8in) springform cake tin, greased

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Brush each sheet of filo with melted butter. Layer up in the cake tin; turn each sheet at an angle and let edges overhang the tin. Bake for 5 to 10 minutes.

2 Cut the broccoli into 6.5cm (2½in) pieces and steam for 4 minutes. Cool under cold running water and drain thoroughly on kitchen paper.

3 Mix together the eggs, crème fraîche and lemon zest, and season. Cut the salmon into 2cm (¾in) pieces and arrange, with the broccoli, in the pastry case. Scatter over the capers and chives, and dot with teaspoonfuls of the cream cheese.

4 Pour the egg mixture over the salmon and broccoli and bake for 50 minutes, until just set – if necessary, cover the overhanging pastry with foil if it begins to turn too golden. Leave the tart to cool in the tin for at least 10 minutes before removing.

Per serving: 557 calories, 33g fat (14g saturated), 31g carbohydrate

+ COOK'S TIP

If the pastry tears while brushing with butter, carry on layering it up in the tin, making sure there aren't any gaps. Pastry stuck to the tin? Gently run a knife between the pastry and the edge of the tin, then unclip the tin and ease out the tart. The tart hasn't set to the touch? Turn heat off, but leave tart in the oven for a further 5 to 10 minutes – it will set while cooling.

Loin of pork with apricot and pistachio stuffing

A Sunday treat, this North African-inspired stuffing includes good-for-you nuts and fruits.

PREPARATION TIME: 20 MINUTES

**COOKING TIME: 2 HOURS 40 MINUTES,
PLUS RESTING**

SERVES 6

 EASY

1.5kg (3lb 6oz) loin of pork, chined and scored by the butcher

for the stuffing:

400g (14oz) coarse pork sausage meat

1 medium onion, peeled and chopped

1 Cox apple, cored and grated

2tbsp fresh breadcrumbs

50g (2oz) shelled pistachio nuts, chopped

75g (3oz) dried apricots, chopped

1 Ideally, buy your pork the day before. Unwrap, dry it and place on a plate in the fridge. This will dry out the skin for perfect crackling. Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Rub a little oil over the skin then add sea salt. Roast in a roasting tin for 25 minutes, then turn down the oven to 190 C, 170 C fan, 375 F, gas 5 and roast for 2 hours 15 minutes.

2 To make the stuffing, mix the ingredients and season well. You can either bake it in a 500ml (18fl oz) greased ovenproof dish for 35 minutes with the pork towards the end of cooking, or make 12 individual balls. Drain off the fat around the pork and cook the stuffing balls around it for 20 to 25 minutes until browned, or place them in a baking tin.

3 Allow the pork to rest for 15 minutes before carving. You can cut through the rib bones or remove the bones then carve thinly. Serve with gravy. This dish is delicious accompanied with a gratin of sweet potato and celeriac, and greens.

Per serving: 485 calories, 20g fat (6g saturated), 13g carbohydrate

FEEL
GOOD+

GRAVY KNOW-HOW

Use this recipe for roast chicken, pork or beef. While the meat is resting, drain the fat from the roasting tin and place the tin on the hob. Add your wine – red for beef, white for chicken and maybe cider for pork – and bubble up to boil off the alcohol, scraping up the residue from the meat juices. Add stock and seasoning, and stir well. In a cup, mix a tablespoon of cornflour with some cold water, then add it to the tin to thicken. Taste for seasoning. You can now transfer it to a saucepan to have it piping hot when you're ready to serve.



✦
Cook's tip
For easy carving,
simply remove
the crackling
and serve
separately

Loin of pork with apricot and pistachio stuffing

FEEL
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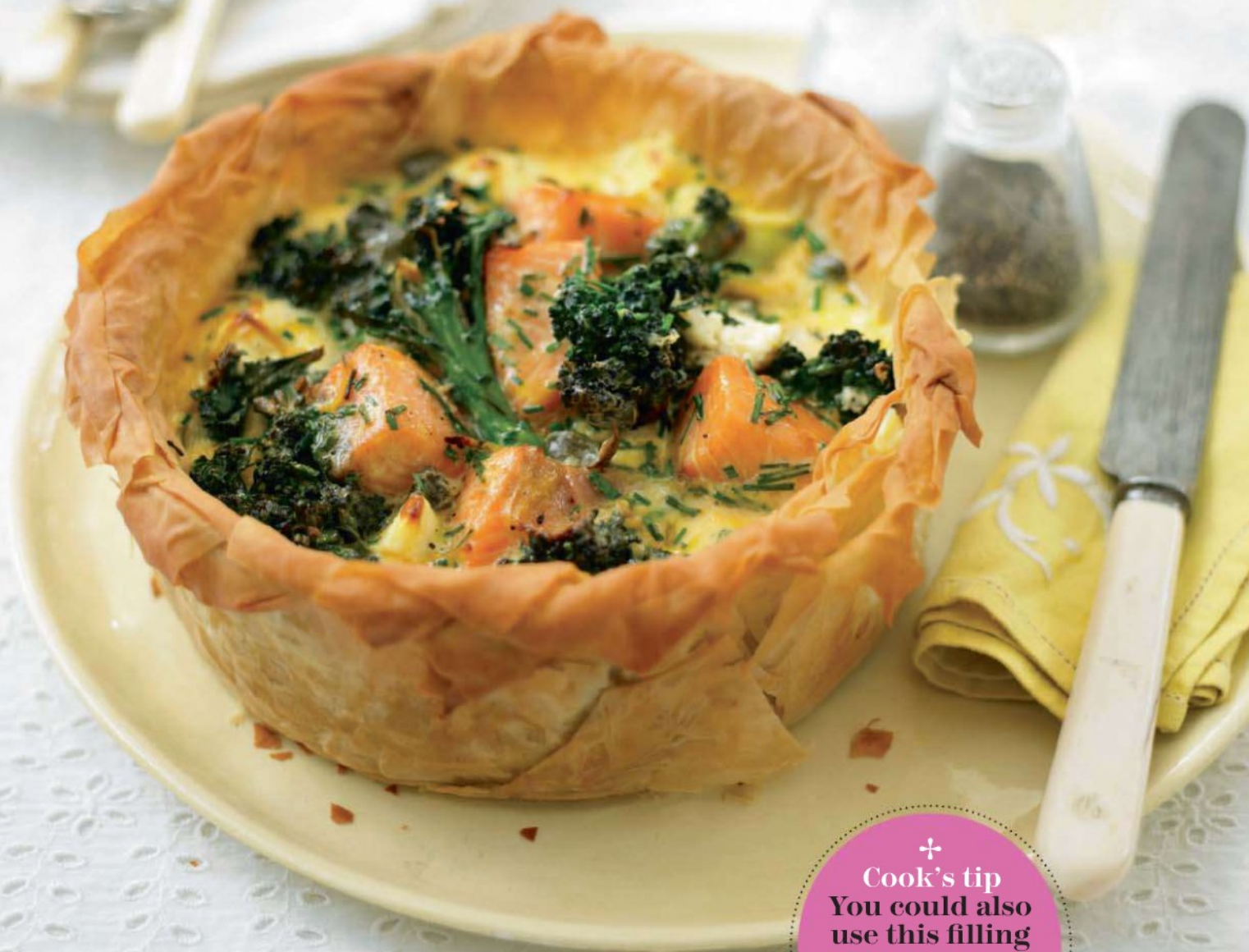
VERSATILE TOPPING

Although we think our Mediterranean-inspired Pissaladière is delicious as it stands, you can always vary the toppings, depending on what's in season and what's in your fridge. Soft goats' cheese or mozzarella could be popped on top and melted, or thin strips of pancetta, Parma ham or salami would add a tasty, meaty treat. Black or green olives also work really well.



Vegetable Pissaladière (recipe page 60)

“This omega-3 and antioxidant-rich tart just needs a crisp green salad with a sharp dressing”



✦
Cook's tip
You could also
use this filling
with shortcrust
pastry for a twist
on a quiche

Salmon and broccoli tart (recipe page 60)

+ GREAT FOR VEGGIES

Mini spinach and paneer naan breads

Spinach is low in calories, and high in vitamins, minerals and other phytonutrients.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 10 MINUTES

SERVES 6

✓ EASY

450g (1lb) spinach
2tsp cumin seeds
1tsp coriander seeds
1tbsp olive oil
½ onion, finely chopped
2 garlic cloves, finely chopped
1 green chilli, finely chopped
125g (4½oz) Paneer cheese, cubed
juice ½ lemon
2tbsp half-fat crème fraîche
6 mini naan breads, lightly toasted
1tbsp flaked almonds

1 Microwave the spinach according to the pack instructions. Drain and squeeze out any excess water, then roughly chop and set aside.

2 Meanwhile, heat a frying pan until hot, and add the cumin and coriander seeds. Heat for 1 to 2 minutes until fragrant. Transfer to a pestle and mortar and grind to a powder.

3 Heat the oil in the pan, add the onion and cook for 5 minutes until soft. Stir in the garlic, chilli and ground spices, and cook for 2 minutes. Heat the grill to high.

4 Add the spinach, cheese and lemon juice to the pan, stir well and season to taste. Finally, stir in the crème fraîche and cook for a couple of minutes. Divide between the mini naan breads, sprinkle with flaked almonds and grill until toasted. Serve immediately.

Per serving: 300 calories, 11g fat (14g saturated), 31g carbohydrate

Lemon and rosemary chicken skewers

A low-fat and delicious chicken dish that takes minutes to put together.

PREPARATION TIME: 15 MINUTES,

PLUS MARINATING

COOKING TIME: 10 MINUTES

SERVES 6

✓ EASY / PREPARE AHEAD

4 free-range chicken breasts
12 sprigs rosemary (with leaves and stalks)
zest and juice 1 lemon
1tbsp runny honey
2tbsp olive oil

1 Arrange the chicken on a board and cover with clingfilm, then bash lightly with a rolling pin until 1cm (½in) thick. Cut each breast into 3 or 4 and transfer to a tray. Remove the needles from the rosemary sprigs, leaving a few attached at the top, and leave to soak in cold water.

2 Chop half the rosemary needles and transfer to a bowl with the lemon juice and zest, honey and half the oil. Season with black pepper. Pour over the chicken, cover and chill for at least 1 hour.

3 Thread a piece of chicken on to each rosemary stalk. Heat the remaining oil in a griddle pan and cook the chicken for 5 or 6 minutes, until cooked through (or you can barbecue it for the same amount of time). Perfect served with our Simple spiced couscous (see right).

Per serving: 146 calories, 5g fat (1g saturated), 2g carbohydrate

FEEL
GOOD+

CHICKEN KNOW-HOW

We always recommend you use free-range chicken in our recipes. Intensively reared chickens are grown too quickly and stuffed full of too many chemicals for the meat to have any form of quality. Free-range and preferably organic chickens have far more flavour. When you roast a properly reared chicken, the gravy will be far superior due to the fact they've been running around on a varied diet.

Mini spinach and paneer naan breads

+ GREAT FOR VEGGIES

+ SIMPLE SPICED COUSCOUS

Make up a pack of flavoured **couscous** with boiling water, according to the pack instructions. Cut half a **cucumber** in half lengthways, scoop out the seeds and slice. Mix with 150g (5oz) halved **cherry tomatoes**, 25g (1oz) chopped toasted **hazelnuts** and 4 tablespoons of freshly chopped **coriander**. Stir into the couscous with the grated zest and juice of 1 **orange**, 1 tablespoon of **olive oil** and 2 teaspoons of **Moroccan spice mix**. Serves 6.



Lemon and rosemary chicken skewers, and Simple spiced couscous



“This delicious fish pie contains cod and prawns, though you can happily add smoked haddock, mussels and salmon instead”

Filling fish pie

Filling fish pie

Using semi-skimmed milk will keep the calories down in this recipe.

PREPARATION TIME: 40 MINUTES

COOKING TIME: 40 MINUTES

SERVES 6

  **EASY / PREPARE AHEAD**

1.25kg (2lb 12oz) floury potatoes, peeled
1kg (2lb 4oz) Atlantic cod fillet, skinned
300ml (½pt) semi-skimmed milk
3tbsp cornflour
400ml (14fl oz) half-fat crème fraîche
freshly grated nutmeg
75g (3oz) unsalted butter
3 bunches spring onions, cut into
2cm (¾in) lengths
200g (7oz) cooked large North Atlantic prawns
4tbsp chopped tarragon
6 free-range hard-boiled eggs, quartered
40g (1½oz) Parmesan cheese, grated

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Cut the potatoes into chunks and cook in boiling, salted water until tender. Meanwhile, put the cod in a large frying pan, add half the milk and heat until the milk bubbles around the edges of the pan. Reduce the heat, cover and simmer gently for 5 minutes until the fish is just cooked. Drain the fish, reserving the liquid.

2 To make the sauce, blend a little reserved liquid in a pan with the cornflour to make a paste. Add the remaining liquid, crème fraîche, seasoning and plenty of nutmeg. Stir over a moderate heat until thickened.

3 Melt half the butter in the frying pan and add the spring onions. Cook for 2 minutes. Flake the cod into a large, shallow greased ovenproof dish and scatter over the prawns and tarragon. Tip the spring onions over the top. Add the eggs and season. Spoon two-thirds of the sauce over the top.

4 Drain the potatoes and mash with the remaining butter, milk and half the Parmesan. Spread on top of the fish. Spoon the remaining sauce over the potatoes and scatter with the remaining Parmesan. Bake for 40 minutes or until the surface is crisp and golden. Serve with spring greens.

Per serving: 697 calories, 32g fat (17g saturated), 51g carbohydrate

Chunky crayfish chowder

This makes a great starter or main. You can substitute the crayfish for prawns.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 40 MINUTES

SERVES 4

 **EASY**

25g (1oz) butter
1 onion, chopped
2 celery sticks, chopped
2 garlic cloves, finely chopped
2 bay leaves
several thyme sprigs
2tsp plain flour
850ml (1½pt) fish or vegetable stock
1tbsp sun-dried tomato paste
½tsp ground mace
¼tsp ground turmeric
600g (1lb 5oz) potatoes, diced into
1cm (½in) chunks
3tbsp half-fat crème fraîche

250g (9oz) cooked crayfish tails
2tbsp finely chopped parsley

1 Melt the butter in a large saucepan and gently fry the onion with the celery for about 5 minutes until softened but not browned. Add the garlic and herbs and fry gently for a couple of minutes. Add the flour and cook, stirring for a further minute.

2 Stir in the stock, tomato paste, mace, turmeric and potatoes, and bring almost to the boil. Reduce the heat and cook gently, covered, for 30 to 40 minutes until the potatoes are very tender and the juice has thickened.

3 Stir in the crème fraîche then the crayfish tails and heat through gently for 1 minute. Check the seasoning and serve in generous bowls, sprinkled with the parsley if you like.

Per serving: 243 calories, 8g fat (4.5g saturated), 35g carbohydrate



Chunky crayfish chowder

+ GREAT FOR VEGGIES

Sweet baked beetroot

One of our favourite superfoods, beetroot is a fantastic liver cleanser.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 1 HOUR

SERVES 6

  **EASY / PREPARE AHEAD**

6 beetroots with stalks and leaves

1tbsp olive oil

for the dressing:

1tbsp sherry or red wine vinegar

¼tsp salt

2 shallots, peeled and finely diced

3tbsp olive oil

2tbsp pomegranate molasses (available from supermarkets)

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Clean the beetroots using kitchen paper, cut off the leaves, then trim the stalks, leaving 2.5cm (1in) on each (reserve the leaves and cut stalks). Place the beetroots in a roasting tin and add 150ml (¼pt) water. Cover with foil and bake for 1 hour until tender. Pull off the skins and cut each beetroot in half. Toss them into the dressing ingredients.

2 Cut the reserved stalks and leaves into 5cm (2in) lengths and stir-fry in 1 tablespoon of olive oil for 1 minute. Add 2 tablespoons of water and cook, stirring, for 2 minutes. Mix with the dressed beetroot and serve.

Per serving: 100 calories, 7g fat (1g saturated), 7.5g carbohydrate

FEEL
GOOD+

BEETROOT KNOW-HOW

Beetroot always used to have a bad press, a throwback to the 60s and 70s, when beetroot in malt vinegar was part of the ubiquitous and tasteless Sunday afternoon salad. Easy to grow at home, it's now readily available raw for you to cook yourself. The easiest way is to not peel but just wash it, cut into chunks, toss in olive oil, add a little salt and pepper and perhaps fresh rosemary, then roast in a hot oven until tender, around 30 minutes. Beetroot is a good source of folate, it's rich in potassium and contains vitamin C.

Nectarine, Parma ham and feta salad with chilli

Versatile feta cheese is lower in fat overall than most other cheeses.

PREPARATION TIME: 10 MINUTES

SERVES 4

 **EASY**

4tbsp olive oil

juice 1 lemon

1 red chilli, deseeded and finely chopped

½ bunch fresh mint, finely chopped

200g (7oz) feta cheese, cut into small cubes

50g (2oz) salad leaves

4 ripe nectarines, quartered

8 slices Parma ham

Whisk together the olive oil, lemon juice, chilli and mint, and pour over the cubed feta cheese. To assemble the salad, divide the salad leaves, nectarines and Parma ham equally among 4 plates. Scatter over the feta cheese and drizzle any remaining dressing over the salad. Serve immediately.
Per serving: 311 calories, 23g fat (9g saturated), 10g carbohydrate



Sweet baked beetroot



+
Try this
You can
substitute the
feta for milder
mozzarella
cheese

Nectarine, Parma ham and feta salad with chilli



✚
Cook's tip
You can make
this the day
before then
reheat before
serving

Pork loin steaks braised with red wine, tomatoes and olives (recipe page 72)

+ GREAT FOR VEGGIES

+ MASH KNOW-HOW

The best varieties are Désirée or King Edward. Désirée has a deeper flavour and is also ideal for roasting, jackets and plain boiling. King Edward breaks down when boiling, so steam them for mashing to stop them becoming waterlogged. Boil other potatoes in just enough water to cover them. Pour boiling water from a kettle into a saucepan and cover the potatoes with a lid so they cook quickly and don't become waterlogged. Milk, cream or butter should be heated and added to the potatoes while hot to stop them from going gluey. A mouli legume is the best tool for mashing potatoes.



“Half-fat crème fraîche replaces the traditional cream here, giving a lighter, feel good sauce”

Coq au Chardonnay (recipe overleaf)

Coq au Chardonnay

Mushrooms are a good source of potassium – buttons also work well here.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 1 HOUR

SERVES 6

 **EASY / PREPARE AHEAD / FREEZE**

12 chicken joints on the bone, a mixture of thighs and breast
2tbsp plain flour, seasoned
2tbsp olive oil
25g (1oz) unsalted butter
225g (8oz) smoked streaky bacon, diced
18 small shallots, peeled
2 garlic cloves, finely chopped
225g (8oz) small chestnut mushrooms
600ml (1pt) Chardonnay
300ml (½pt) fresh chicken stock
4 large sprigs thyme
2 bay leaves
2tbsp half-fat crème fraîche
1tbsp finely chopped fresh parsley
you will need:
2.5 litre (4½pt) flameproof casserole dish

1 Heat the oven to 180 C, 160 C fan oven, 350 F, gas 4. Lightly dust the chicken with seasoned flour, shaking off any excess. Heat the oil and butter in a large frying pan, and when it's really hot, fry the chicken pieces in 2 or 3 batches, ensuring they are browned on both sides. Place the chicken in the casserole dish.

2 Brown the bacon in the same pan, then add to the casserole. Brown the shallots in the remaining oil, add the garlic, then tip into the casserole. Brown the chestnut mushrooms, and keep aside.

3 Pour off any oil that remains in the frying pan, return to the heat and add the wine and chicken stock. Bring to the boil, scraping up any bits from the bottom, then add to the chicken. Add the thyme and bay leaves to the casserole, put a lid on, place in the oven and cook for 30 minutes. Add the chestnut mushrooms and return to the oven for a further 15 minutes. At the end of this time, take the casserole out of the oven and transfer the chicken, shallots, bacon and mushrooms to a warmed serving dish. Discard the thyme and bay leaves.

4 Place the casserole over a direct heat and boil rapidly for 10 minutes. Whisk in the crème fraîche and season well. Pour

the sauce over the chicken and sprinkle with the chopped parsley. Serve with creamy mashed potatoes (see previous page) and steamed cabbage.

Per serving: 614 calories, 28g fat (10g saturated), 11g carbohydrate

Roast rack of lamb with spring veg and hot herby dressing

French-trimming means to trim the upper end to reveal the bones, removing excess fat.

PREPARATION TIME: 10 MINUTES

COOKING TIME: 35 TO 40 MINUTES

SERVES 6

 **EASY**

2 x 8-bone lamb racks, French-trimmed (ask your butcher to do this)
4 sprigs rosemary
700g (1lb 9oz) mixed spring veg (we used baby carrots, courgettes, leeks, green beans and sugar snaps)
½tbsp Dijon mustard
1tbsp white wine vinegar
3tbsp olive oil
large handful parsley, roughly chopped

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Season the lamb racks, thread the rosemary through the bones and roast on a wire rack set over a roasting tin for 35 to 40 minutes, draining the fat from time to time. Meanwhile, bring a pan of water to the boil and blanch the vegetables, in order of how long they take to cook. Carrots will take the longest, followed by courgettes, then the leeks, green beans and sugar snaps. The vegetables should be on the crunchy side of cooked. When done, run the veg under cold water until completely cooled. Set aside.

2 To make the dressing, combine the mustard and the vinegar then drizzle in the olive oil while whisking with a fork until you have a smooth emulsion. Set aside.

3 When the lamb is cooked, remove from the oven, transfer to a wooden board and rest for 15 minutes. Pour the dressing into a sauté pan and warm. Add the veg, coat in the dressing and heat. Add the parsley for the last couple of minutes of cooking.

4 Serve the lamb cut into individual cutlets with the glazed veg on the side.
Per serving: 280 calories, 16g fat (1g saturated), 5g carbohydrate

FEEL GOOD+

OLIVE KNOW-HOW

Although so many people buy olives to eat as a pre-dinner snack, they're a useful storecupboard ingredient and a good source of vitamin E and antioxidants. We've added them to our pork recipe (below), but they're also great with all sorts of tomato-based sauces.

Pork loin steaks braised with red wine, tomatoes and olives

Pork is an excellent source of B vitamins and protein, and a useful source of zinc.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 45 MINUTES

SERVES 8

 **EASY / PREPARE AHEAD**

2tbsp olive oil
8 pork loin steaks
2tbsp plain flour, seasoned with salt and freshly ground black pepper
300ml (½pt) red wine
300ml (½pt) fresh chicken stock
3 garlic cloves, thinly sliced
2tbsp sun-dried tomato paste
400g tin Italian chopped tomatoes
175g (6oz) black olives, pitted
1 bunch fresh basil, roughly chopped

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Heat the oil in a pan. Coat the steaks with flour, shaking off excess, and fry both sides until golden. Put in a large roasting tin.

2 Add 1 dessertspoon of plain flour to the pan and scrape up any bits on the bottom of the pan. Gradually add the wine, stirring all the time, plus the chicken stock, garlic, sun-dried tomato paste and tinned tomatoes. Season with salt and black pepper and bring to the boil, then pour the tomato mixture over the pork steaks.

3 Cover the roasting tin with foil and bake in the oven for 35 minutes. Add the olives to the roasting tin and baste the steaks with the sauce. Return the tin to the oven for 10 minutes. Sprinkle over the basil and serve at once on warm plates.

Per serving: 300 calories, 12g fat (3g saturated), 5g carbohydrate



+ Cook's tip
Don't trim off
all the fat - it
keeps the meat
moist when
it's cooking

Roast rack of lamb with spring veg and hot herby dressing

✦
Cook's tip
Round, short-grain Spanish paella rice is best, or use Italian risotto rice

FEEL
GOOD+

PAELLA KNOW-HOW

✦ A frying pan or casserole dish will work just as well as a paella pan, but for the rice to cook evenly, it shouldn't be more than 4cm (1½in) deep.

✦ Cook the onion and pepper until soft and caramelised to ensure they are cooked through, and they will add a sweetness to the final dish.

✦ Leave the paella to rest for 5 minutes off the heat before eating. This allows the rice to soak up the juices evenly while you open the vino!



Seafood paella

Seafood paella

Saffron is said to ease depression, and also menstrual pain and menopausal problems.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 35 MINUTES

SERVES 2

✓ EASY

3tbsp olive oil
2 garlic cloves, crushed
1 onion, finely chopped
1 green pepper, deseeded and cut into strips
2tsp paprika
150g (5oz) paella rice
450ml (15fl oz) chicken stock
few strands saffron, soaked in 2tbsp warm water
1 fresh bay leaf
75g (3oz) squid rings
65g (2½oz) fresh or frozen peas or broad beans
2 large tomatoes, skinned and chopped
6 mussels, cleaned
150g (5oz) cooked large shelled prawns, plus 6 cooked unshelled small jar pimento, drained and cut into strips, to garnish (optional)
1 lemon, cut into wedges

1 Heat the olive oil in a large paella pan or non-stick frying pan. Sauté the garlic and onion for 5 minutes. Add the green pepper and cook for 5 minutes. Add the paprika and paella rice, and cook for 1 minute more, stirring all the time.
2 Add the stock, saffron and bay leaf, and simmer for 10 to 15 minutes. Stir in the squid, peas or beans and tomatoes, and cook for 5 to 10 minutes until the rice is cooked. Put the mussels in a large pan with a little water, cover and cook over a high heat for 2 or 3 minutes, until opened.
3 Gently stir the shelled prawns into the paella. Drain the mussels well, discard any unopened ones, and put on top with remaining unshelled prawns. Garnish with pimento, if using, and serve with lemon and plenty of fresh crusty bread.

Per serving: 690 calories, 21g fat (3.5g saturated), 77g carbohydrate

+ GREAT FOR VEGGIES

Fattoush salad

This feel good salad is great with grilled lamb chops, burgers or steaks.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 5 MINUTES

SERVES 4 TO 6

✓ EASY

1 Cos lettuce, cut into 2.5cm (1in) ribbons
225g (8oz) cherry tomatoes, halved
1 cucumber, peeled, deseeded and cut into 2.5cm (1in) cubes
12 radishes, quartered
4 spring onions, thinly sliced
1 bunch fresh mint, roughly chopped
1 bunch fresh flat-leaf parsley, roughly chopped
3 pitta breads
for the dressing:
150ml (¼pt) extra virgin olive oil

finely grated zest and juice 1 lemon
1tbsp clear honey

1 Heat the grill to its highest setting. Place all the vegetables and chopped herbs in a bowl and mix together well.

2 Grill the pitta breads until crisp, cut into small pieces and add to the salad. Whisk together all the dressing ingredients, season well, pour the dressing over the salad, mix well and serve.

Per serving: 416-277 calories, 29-19g fat (4-2.5g saturated), 32-21g carbohydrate

GET AHEAD

This salad will keep for 3 hours once it's dressed. In fact, it's best to make it ahead so that the dressing really soaks into the bread.



Fattoush salad

Lemon chicken with sausage and garlic

For a lighter dish, just use low-fat sausages or omit them altogether.

PREPARATION TIME: 15 MINUTES, PLUS MARINATING
COOKING TIME: 1 HOUR 15 MINUTES
SERVES 6

  **EASY / PREPARE AHEAD**

1 large free-range chicken, jointed into 6 to 8 pieces
1tbsp wholegrain mustard
5tbsp olive oil
1 large onion, cut into 8 segments
zest and juice 1 lemon
6 to 8 Cumberland sausages
1 head of garlic, cloves separated but not peeled
1 lemon, cut into 4

few sprigs rosemary, plus 1tbsp chopped
800g (1lb 12oz) potatoes, chopped into cubes

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Mix the chicken, mustard, oil, onion, lemon zest and juice together and set aside while you prepare all the other ingredients. Let the mixture marinate for an hour or 2 if you have the time to spare.
2 Pour the chicken mix – skin side up – into a large roasting tin along with the remaining ingredients and stir together to coat everything in the oil. Place into the oven and roast, turning once or twice for 1 hour 15 minutes or until everything is cooked and golden. Serve with a vitamin-rich green vegetable.
Per serving: 590 calories, 31g fat (9g saturated), 28g carbohydrate

Crunchy baked chicken

The fennel adds a very subtle aniseed flavour here, and contains beta-carotene.

PREPARATION TIME: 30 MINUTES
COOKING TIME: 30 MINUTES
SERVES 6

   **EASY / PREPARE AHEAD / FREEZE**

1tbsp olive oil
1kg (2lb 4oz) skinless, boneless free-range chicken thighs, cut into bite-sized pieces
1 onion, finely sliced
1 bulb fennel, finely sliced
3 garlic cloves, chopped
1½tsp dried oregano
1tbsp tomato purée
150ml (¼pt) white wine
2 x 400g tins chopped tomatoes
1 bay leaf
150g (5oz) reduced-fat mascarpone
150g (5oz) cherry tomatoes, halved
50g (2oz) breadcrumbs
50g (2oz) grated Parmesan
25g (1oz) flaked almonds, roughly chopped

1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Heat the oil in a deep frying pan. Add the chicken and fry until golden. Remove and set aside.
2 Add the onion and fennel, and cook gently for 10 minutes, until softened. Stir in the garlic, oregano and tomato purée, and cook for a couple of minutes.
3 Pour in the white wine and bring to the boil; simmer for 1 minute then add the tomatoes and bay leaf, and return the chicken to the pan. Bring to the boil, then reduce the heat and simmer for 10 minutes.
4 Stir in the mascarpone and season with salt and pepper. Transfer to a 1.5-litre (2½pt) ovenproof dish. Scatter over the cherry tomatoes. Mix together the breadcrumbs, Parmesan and almonds and season well. Sprinkle evenly over the chicken and transfer to the oven for 25 to 30 minutes, until bubbling and cooked through.
Per serving: 414 calories, 16g fat (2.5g saturated), 14g carbohydrate



Lemon chicken with sausage and garlic



Smart idea

You could also use sliced leeks and mushrooms for this instead of the fennel

“You’ll need around half an hour to assemble this dish, but we all love a tasty one-pot that just needs green veg to serve”

Crunchy baked chicken



WE LOVE THIS RECIPE BY DELIA BECAUSE IT IS SO EASY TO MAKE, BUT TASTES FANTASTIC. SO IT'S PERFECT IF YOU HAVE GUESTS COMING ROUND AT THE WEEKEND, BUT DON'T WANT TO SPEND ALL DAY IN THE KITCHEN PREPARING. IT'S GOT A REAL FEEL GOOD FACTOR, WITH LOVELY CITRUS FLAVOURS COMING THROUGH. AND DELIA'S ACCOMPANIMENT OF GREEK SALAD IS A DELICIOUS AND LIGHT SIDE DISH.

Cheats don't chop. If you're short on time, invest in a mini chopper and you'll have the best kitchen friend you could ever want

DELIA'S

Greek lamb baked with lemon & garlic

How something so simple can taste so good may be difficult to understand, but it does!

lemons (reserving it for later), squeeze the lemon juice and pour it over the lamb, adding some seasoning.

SERVES 4

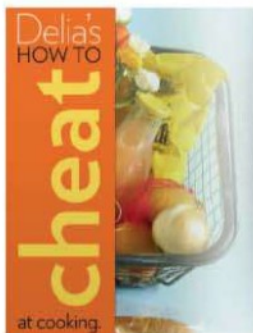
800g neck of lamb fillet
2 medium lemons
4 cloves garlic, peeled
large handful fresh flat-leaf parsley

Pre-heat the oven to gas mark 2, 150°C. All you do is trim any excess fat from the lamb and cut it into 2.5cm thick rounds. Now tear off a sheet of foil large enough to wrap them in and place in a roasting tin. Arrange the pieces of meat in the centre of the foil.

Next, slice 3 of the garlic cloves into slivers and, using the tip of a sharp knife, make incisions in the lamb and insert the pieces of garlic, distributing them as evenly as possible. Now grate the zest from the

Fold up the foil to make a parcel, place it in the centre of the oven and cook for 3 hours. Just before serving, chop the remaining clove of garlic and the parsley in a mini-chopper and mix it with the lemon zest. Serve the lamb with the wonderful cooking juices spooned over and sprinkled with the parsley mixture.

✚ **NOTE** This is great served with a Greek salad (cucumber chunks, quartered tomatoes, black olives, red onion slices and crumbled feta tossed with olive oil, lemon and garlic), and Oven-sautéed Potatoes with Red Onion, Garlic and Rosemary, featured in Delia's book.

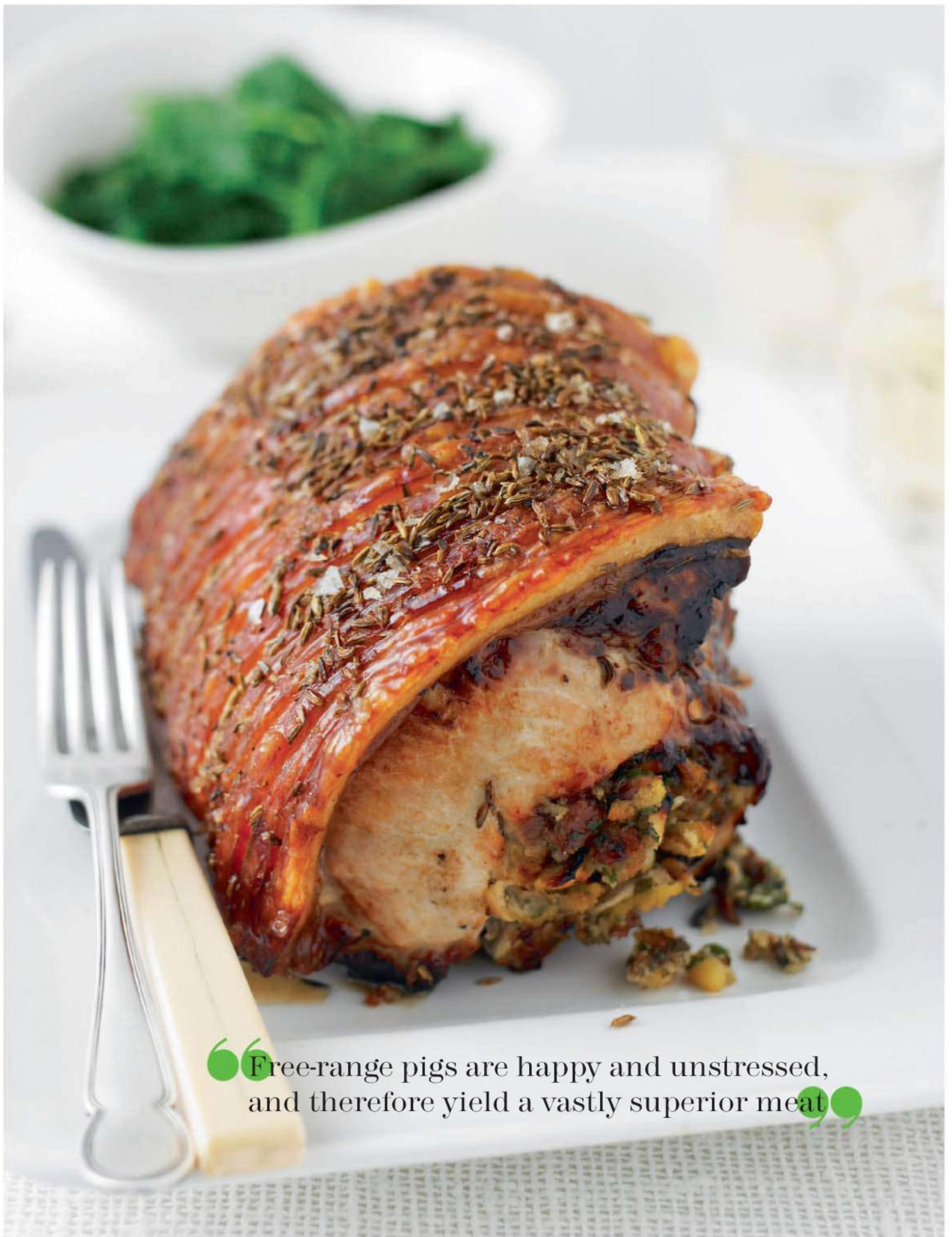


DELIA'S HOW TO CHEAT AT COOKING (EBURY, £20)

Delia has had a kitchen rethink with *Delia's How To Cheat At Cooking* – transforming the way you shop and cook. Love the sound of a short-cut Hot smoked salmon and quail egg pie, Quick Thai chicken and coconut curry or 5-minute panna cotta? This is the book for you, with all the clever tricks you need to create the perfect meal with the minimum of fuss. For more Delia recipes, visit deliaonline.com.



Delia's Greek lamb baked with lemon & garlic



Free-range pigs are happy and unstressed,
and therefore yield a vastly superior meat

Choose the best

The British pork industry has been having a rough time of late. Jamie Oliver highlighted this with last year's Save Our Bacon campaign, but it's still an uphill struggle. Rebecca Smith explains why, when it comes to pork, British is best

As our British pork has the highest welfare standards in Europe, the cost of production is invariably higher than in other countries. In 2008, the price of wheat (which accounts for half the cost of producing a pig) doubled, causing a crisis across the whole British pig farming industry. Many farmers went out of business, while others are still fighting to compete against cheaper imports. It's up to us, the consumer, to support them.

+ WELFARE STANDARDS

EU standards for pig-rearing are woefully insufficient, allowing pigs to be kept in tiny stalls with no bedding or interaction with other animals, conditions that are entirely at odds with their natural instincts – pigs are intelligent, sociable animals, natural explorers who like to roam freely. These conditions produce stressed, unhappy animals who yield inferior meat – meat that accounts for over half the pork sold in Britain, both in supermarkets and as part of the catering industry.

Buying “outdoor-reared” or “outdoor-bred” pork isn't necessarily a guarantee that the pigs have had a natural life (although it will almost certainly guarantee it's British), as the terms have no legal definition, so retailers are free to bend the truth. While the term “free range” is also open to interpretation, it's the most sensible choice if you care about how your meat was raised and slaughtered, particularly “organic free-range”. Free-range pigs are kept outdoors and live in communities that allow interaction. This rearing method produces happy, unstressed pigs, who in turn yield vastly superior meat to that of their foreign cousins.

Thankfully, the RSPCA has now launched its Rooting For Pigs campaign for better welfare laws and clearer labelling to help the consumer make an informed choice for higher welfare pork from happier pigs. Even the Government, through DEFRA, has a task force to help secure the future of the British pig industry.

+ BUYING TOP-QUALITY MEAT

Choosing organic, free-range meat does come at a price, but it also comes with the knowledge that you're getting the best-quality meat available, from animals who've led contented lives. Moreover, you can be assured that the farmers are getting a fair return on their products. This shouldn't be undervalued, as the new trend of low-quality super-cheap meat is severely affecting their livelihoods.

The beauty of buying meat from farm shops and butchers is that, as well as a very personal service, it gives you the chance to explore the lesser-known cuts of pork, which are cheaper and usually more flavourful than the lean, popular cuts. A slowly cooked pork shoulder, for example, oven-simmered in wine with lots of vegetables and herbs, will provide a delectable meal for very little money. Similarly, a braised ham hock, taken off the bone and flaked into soups, will feed a family extremely cheaply. However, if it's the lean meat you really

enjoy, a loin from a rare-breed organic pig will outclass the flavour of anything you could buy from the Continent, and the price difference is insignificant compared to the difference in quality.

+ UNWANTED EXTRAS

It's the same with bacon. How often have you seen white liquid seeping out of your rashers as they sizzle, and wondered how they manage to shrink quite so much? Imported, inferior-quality bacon is often injected with water and preservatives, all of which leak out during the cooking process, leaving you with a shrivelled, dry and tasteless result. Organic bacon has no need of such treatment, so the price you pay is just for meat, not water. Because of the quality of the flavour, there's also no need to pack the meat full of additives and flavourings, meaning the final product is purer and there are no nasties lurking in the small print of the label.

+ DOING YOUR BIT

So what can we do to help the industry? Buying direct from the farm, your local butcher or via the Internet (see our suppliers on p148) is a great way to show your support. By all means, shop at your favourite supermarket, but make sure you're buying British. If the label isn't clear, ask. That way, you'll help to force change. Beware of labels that tell you the meat was “produced” or “packaged” in Britain, as they will usually indicate that the pigs were reared and slaughtered abroad. Terms like “Wiltshire-cured” are also misleading, as legally the meat only has to be cured in Wiltshire, and could have been bred anywhere in the world. If you're on a budget, try buying a cheaper cut of free-range pork rather than a premium cut of intensively farmed meat. And, above all, if you feel your retailer is misleading its customers, make sure they know about it. We have the power to change existing practices – we just need to make a fuss about it!

Some useful websites

ciwf.org.uk Compassion in World Farming's website is full of information on all sorts of agricultural issues.

guildofqbutchers.com Find your local Q Guild butcher on this site.

bluepigcompany.com Yorkshire-based brothers who raise their free-range pigs with the philosophy of “honouring the beast”. They do mail-order products too.



For some fantastic pork recipes, visit womanandhome.com.

Irresistible baking

Home-made is back with a vengeance – fabulous! We doubt anything makes a home seem more welcoming than the smell of baking in the air. Plus you always know exactly what's gone into the final product – and our cakes, scones, muffins and breads are packed with feel good ingredients too. As always, though, do practise portion control when faced with a cake...



Baking know-how

When it comes to baking cakes, generally, there's nothing very complicated. But so many people complain that their cake didn't work, which then puts them off trying to bake one again. Here are a few very simple rules and guidelines that will help you to achieve perfect results:

- + First of all, invest in an oven thermometer (from lakeland.co.uk, John Lewis, good cook shops and department stores). You would be amazed how ovens can vary quite considerably, despite what the dial says.
- + Always use the exact-size cake tin specified in the recipe. Measure the base of the cake tin, not the top, and don't disregard the depth specified, either. Check out our top suppliers on page 95.
- + You should bake any cake in the centre of the oven, unless the recipe specifies otherwise.
- + You can't double or halve cake recipes as you would do with a casserole or other savoury dish. Nor can you decrease or increase ingredients by percentages to fit a different-sized tin.
- + Always sift your flour, whether the recipe says to or not. This will eliminate any lumps and incorporate air into the mixture.
- + Butter is always best in cakes – margarine has a very strong taste and it may contain some ingredients your grandmother never heard of! Butter, on the other hand, is a pure product.
- + A fine skewer is a good way to test whether your cake is cooked through or not. It should come out from the centre of the cake clean, without any sticky mixture.

Lemon yogurt cake

Low on fat and high on flavour, so there's no need to feel guilty with this cake!

PREPARATION TIME: 30 MINUTES

COOKING TIME: 1 HOUR 15 MINUTES

SERVES 12

   **EASY / PREPARE AHEAD / FREEZE**

300g (10oz) golden caster sugar

50g (2oz) olive oil spread

3 free-range eggs, separated

225g (8oz) Greek yogurt

finely grated rind 1 lemon

175g (6oz) self-raising flour

for the filling:

6tbsp good-quality lemon curd (we like Duchy Originals)

5tbsp 0% Greek yogurt

for the topping:

200g (7oz) very low-fat cream cheese

3tbsp 0% fat Greek yogurt

75g (3oz) icing sugar, sifted

crystallised violets and leaves, to decorate

you will need:

20cm (8in) deep round cake tin lined with baking parchment

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Put the sugar, olive oil spread and egg yolks in a bowl. Mix together with an electric mixer. Add the yogurt and lemon rind and stir until smooth. Gently fold in the flour.

2 Whisk the egg whites until softly peaking and gently fold these into the mixture. Spoon into the prepared tin and bake for 1 hour to 1 hour 15 minutes, or until the cake is well risen and firm to the touch. Cool in the tin for a few minutes before turning out and leaving to cool completely on a wire rack.

3 Use a large serrated knife to horizontally slice the cake 3 times. Put the base cake layer on to a cake stand and spread over half the lemon curd. Top with another layer of cake. Spread over the 5 tablespoons of Greek yogurt. Top with another cake layer, and spread over the rest of the lemon curd. Arrange the final cake layer on top.

4 For the topping, stir together the cream cheese and Greek yogurt. Stir in the icing sugar and spread the frosting over the top of the cake, then decorate.

Per serving: 293 calories, 8.5g fat (3g saturated), 50g carbohydrate

Blackberry and pear frangipane pie

This is so simple to put together – you can try other healthy fruits too, such as apples and blueberries or plums and grapes.

PREPARATION TIME: 25 MINUTES, PLUS CHILLING

COOKING TIME: 40 MINUTES

SERVES 8

  **EASY / PREPARE AHEAD**

300g (10oz) shortcrust pastry

2 pears, peeled and cut into chunks

150g (5oz) blackberries

2tbsp unrefined golden caster sugar

1 free-range egg, beaten

3tbsp unrefined demerara sugar

for the frangipane:

50g (2oz) unsalted butter

50g (2oz) caster sugar

1 free-range egg and 1 free-range egg yolk, beaten

2tbsp plain flour, plus extra for rolling out

50g (2oz) ground almonds

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. To make the frangipane, beat together the butter and sugar until pale and fluffy. Mix in the egg and egg yolk, then fold in the flour and ground almonds. Set aside.

2 Roll out the pastry on a lightly floured work surface to make a circle roughly 30cm (12in) in diameter. Transfer to a baking sheet. Spoon the frangipane into the centre of the pastry. Toss the pears and blackberries with the caster sugar and pile on top of the frangipane. Gather up the sides of the pastry and crimp with your fingers, leaving the centre open.

3 Brush beaten egg over the sides of the pastry and pat on the demerara sugar. Sprinkle a little over the top of the fruit. Chill for 10 minutes then bake for 40 minutes or until golden.

Per serving: 375 calories, 22g fat (7g saturated), 42g carbohydrate



Lemon yogurt cake

✚
Get ahead
You can freeze
the cut sponges
for up to a month,
then thaw and
decorate



Blackberry and pear frangipane pie (recipe page 84)

“These light, fruity muffins, with feel good almonds and pears, are perfect with morning coffee”



✚
Cook's tip
Don't over-beat
muffin mixes,
as you'll end up
with a heavy,
dense result

Pear and cinnamon muffins (recipe page 89)

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Pear and cinnamon muffins

Not overly sweet, these muffins are good for breakfast or a mid-morning snack with coffee. Ideally, serve them warm on the day they're made, or freeze for up to a month and heat through to serve.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

MAKES 12

   **EASY / PREPARE AHEAD / FREEZE**

3 small ripe pears
2tsp lemon juice
250g (9oz) plain flour
50g (2oz) oatmeal, plus extra to sprinkle
1tbsp baking powder
1½tsp ground cinnamon
100g (4oz) caster sugar
25g (1oz) unblanched almonds, chopped
65g (2½oz) lightly salted butter, melted
284ml carton buttermilk
2 free-range eggs
2tsp vanilla extract

you will need:

12-hole muffin tray, lined with paper muffin cases

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Peel, core and dice the pears and place in a bowl. Add the lemon juice and toss until the pears are coated.

2 In a separate bowl, mix the flour, oatmeal, baking powder, cinnamon, caster sugar and half the almonds. Stir in half the pears.

3 Lightly beat together the butter, buttermilk, eggs and vanilla extract, and add to the flour mixture. Use a large metal spoon to stir the ingredients together until only just combined.

4 Divide among the muffin cases and scatter with the remaining pears and almonds. Bake for about 20 minutes or until well risen and golden. Serve warm or transfer to a wire rack to cool.

Per muffin: 216 calories, 7.5g fat (3.5g saturated), 34g carbohydrate



Carrot and coconut bars

Carrot and coconut bars

Moist, crumbly cake bars bursting with the sweet goodness of sultanas and walnuts – just the thing when you feel in need of an indulgent mid-morning energy boost.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

MAKES 12

  **EASY / PREPARE AHEAD**

250g (9oz) self-raising flour
2tsp ground cinnamon
300g (10oz) demerara sugar
100g (4oz) desiccated coconut
100g (4oz) sultanas
75g (3oz) walnuts, chopped
100g (4oz) carrots, peeled and coarsely grated
2 free-range eggs, beaten
½tsp vanilla extract
100g (4oz) butter, melted
100ml (4fl oz) vegetable oil

you will need:

28x18cm (11x7in) baking tin, greased and base-lined with greaseproof paper

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Sift the flour and cinnamon into a large bowl. Stir in the sugar, coconut, sultanas, walnuts and carrots.

2 In a separate bowl, mix the eggs, vanilla extract, butter and oil. Add to the flour mixture and stir well.

3 Pour into the baking tin, level the top and cook on the middle shelf of the oven for 35 to 40 minutes, until golden brown and firm to the touch. Allow to cool in the tin for 10 minutes, then turn out on to a wire rack to cool. Cut into 12 bars.

Per bar: 419 calories, 24g fat (10g saturated), 49g carbohydrate

GET AHEAD

These moist cake bars will keep well for at least 2 days in an airtight container – but they're so moreish that it's unlikely they'll last that long! You can mix and match ingredients – try pecans instead of walnuts.

“There’s nothing more indulgent than a chocolate cake – a tiny slice will hit the spot.”



✦
Try this
Kids will love
this cake simply
decorated with
chocolate
mini eggs

Happy Easter cake

Happy Easter cake

As an alternative, fill this cake with reduced-fat mascarpone mixed with a little vanilla extract and sifted icing sugar.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 20 MINUTES

SERVES 12



EASY / PREPARE AHEAD / FREEZE

425g (15oz) butter, softened

175g (6oz) caster sugar

3 free-range eggs

125g (4½oz) self-raising flour

50g (2oz) cocoa powder, sifted

500g (1lb 2oz) icing sugar

few drops vanilla extract

200g (7oz) dark chocolate, melted and cooled for 5 minutes

milk and white chocolate Maltesers, and sugar flowers, to decorate

you will need:

2 x 20cm (8in) sandwich tins, greased and lined

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Beat 175g (6oz) of the butter and all the caster sugar together until pale and fluffy. Gradually beat in the eggs and fold in the flour and cocoa powder. Pour the mixture into the prepared sandwich tins and bake for 20 minutes, or until a skewer inserted into the middle of the cakes comes out clean. Cool for 5 minutes, before turning out on to a wire rack to cool.

2 Beat together the remaining butter with the icing sugar and vanilla extract, then divide between 2 bowls. Stir the dark chocolate into one of the bowls (reserving a little for drizzling). Spread the plain buttercream over the top of one cake and sandwich together with the other cake. Spread the chocolate buttercream on top of the cake, drizzle with the reserved chocolate, decorate and serve.

Per serving: 639 calories, 37g fat (22g saturated), 78g carbohydrate



Chocolate brownies

Chocolate brownies

A small square of brownie is just right, as they are quite rich and filling. They freeze and will keep for up to 5 days in a tin.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 25 MINUTES

MAKES 24 SQUARES



EASY / PREPARE AHEAD / FREEZE

275g (9½oz) dark chocolate (at least

70% cocoa solids)

225g (8oz) unsalted butter

400g (14oz) caster sugar

½tsp vanilla extract

5 large free-range eggs, beaten

200g (7oz) plain flour, sifted

icing sugar, for dusting

you will need:

deep baking tin, lined with greaseproof paper

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Melt the chocolate and butter gently in a saucepan. Remove from the heat and stir in the sugar and vanilla extract. Leave to cool slightly.

2 Whisk the eggs into the mixture a little at a time, then fold in the sifted flour and a little salt until you have a smooth mixture.

3 Pour the mixture into the lined tin, and bake for about 25 minutes. Once cooled, dust with icing sugar, cut into squares and serve.

Per square: 242 calories, 12.5g fat (7.5g saturated), 32g carbohydrate

FEEL GOOD+

CHOCOLATE KNOW-HOW

Dark chocolate contains high levels of antioxidants. These protect the body from harmful free radicals, and may also protect it from heart disease and some cancers. Moderation, as always, is the key. Always try to eat and cook with dark chocolate, which has a high percentage of cocoa solids. Unfortunately, milk and white chocolates don't have the same health-giving benefits, despite the fact they make you feel good!



Cheese scones

Cheese scones

These savoury scones are really easy and can be made ahead, then warmed through in the oven. Mix chives or spring onion into some low-fat cream cheese to serve with them.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

MAKES AROUND 16 TO 20

   **EASY / PREPARE AHEAD / FREEZE**

225g (8oz) self-raising flour
pinch salt
pinch cayenne pepper
1tsp baking powder
50g (2oz) butter, cut into cubes
50g (2oz) Cheddar, grated
75ml (3fl oz) skimmed milk

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Sift together the flour, salt, cayenne and baking powder. With your fingers, rub the butter into the flour (or you can do this in a food processor).

2 Mix through the grated cheese, add the milk a little at a time (you may not need all of it) and mix with a flat-bladed knife until it starts to come together, then press into a ball with your fingers.

3 Once it has formed a smooth dough, pat it out to 2cm (¾in) thick and cut into rounds with a 3 to 4cm (1¼ to 1½in) cutter. Arrange on a baking sheet and bake in the oven for 10 to 15 minutes until risen and golden.

Per scone: 85-68 calories, 4-3g fat (2.5-2g saturated), 11-8.5g carbohydrate

+ SMART IDEA

To store the scones, wrap them in baking paper and foil, and put them in an airtight container for up to 2 days. Alternatively, pop into the freezer when cooled and defrost thoroughly before reheating in the oven – they'll need reheating to taste their best.

Buttermilk and strawberry scones

Clotted cream is definitely for a special occasion, though these will be equally delicious served with reduced-fat mascarpone or whipping cream.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

SERVES 16 TO 18

   **EASY / PREPARE AHEAD / FREEZE**

50g (2oz) caster sugar
284ml carton buttermilk
50g (2oz) unsalted butter
400g (14oz) self-raising flour, sifted, plus extra for dusting
125g (4½oz) strawberries, finely chopped
1 free-range egg yolk
1tbsp milk
clotted cream and strawberry jam, to serve
icing sugar, for dusting

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Add the caster sugar to the buttermilk and stir until the sugar is dissolved. Rub the butter into the flour, then pour in the buttermilk and combine. When the dough is almost mixed, add the chopped strawberries and combine very lightly to incorporate the fruit.

2 Pat out the dough on a lightly floured surface to about 2cm (¾in) thick. Cut out the scones, using a small round cutter 4cm (1½in) in diameter. Turn each scone upside down on to a lightly floured baking tray, and brush the flour from the tops of the scones. Mix the egg yolk with the milk and brush the tops of the scones. Rest the scones for 6 to 8 minutes, then bake for 10 to 20 minutes, until just golden. Serve warm with clotted cream and strawberry jam, dusting with icing sugar.

Per serving: 132-118 calories, 3.5-3g fat (2-1.7g saturated), 24-21g carbohydrate

FEEL GOOD+

SCONE KNOW-HOW

The trick to making a perfect scone is very simple. You need to make the dough with as little handling as possible, otherwise the scone will be tough. Hence, we "pat" rather than "roll" out the dough before cutting.

“You won’t be missing out on flavour by serving these cute scones with reduced-sugar jam”



Try this
If you have any scones left over, try toasting them for breakfast the following day

Buttermilk and strawberry scones



This dense loaf, with a delicious kick of mature Cheddar, is a perfect ploughman's

+
Cook's tip
You can make
this soda bread
using 50-50
wholemeal and
plain flour

Cheddar and onion soda bread

Cheddar and onion soda bread

A soda bread is a traditional Irish bread, which contains no yeast. It doesn't need kneading or proving, so it's quick to make.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 35 MINUTES

SERVES 4 TO 8



EASY / PREPARE AHEAD / FREEZE

500g (1lb 2oz) plain flour
2 level tsp bicarbonate of soda
1 level tsp paprika
1 level tsp salt
50g (2oz) butter
100g (4oz) mature Cheddar cheese, grated
1 medium onion, peeled and grated
250ml (9fl oz) milk
1tbsp white wine vinegar

1 Heat the oven to 220 C, 200 C fan, 425 F, gas 7. Sift the flour, bicarbonate of soda, paprika and salt into a bowl. Add the butter and rub it in until the mixture resembles fine breadcrumbs. Reserve 1 tablespoon of the grated cheese and stir the rest into the mixture, along with the onion.

2 Mix together the milk and vinegar, then pour into the flour mixture. Quickly mix the ingredients together to form a soft dough, taking care not to over-mix. Shape the dough into a round and place on a baking sheet. Use a long knife to mark a deep cross on the top of the loaf. Sprinkle the reserved cheese over.

3 Bake the loaf in the centre of the oven for 30 to 35 minutes, or until it has risen and is golden in colour. It should sound hollow when tapped underneath. Remove the loaf from the oven and slide it on to a wire rack to cool. Serve the bread warm or cold, with cheese and pickle.

Per serving: 674-337 calories, 23-11.5g fat (14-7g saturated), 102-51g carbohydrate

GET AHEAD

Wrap the loaf in a freezer bag, seal and label. Freeze for up to 3 months. Allow the loaf to defrost and then warm it through in a hot oven before serving. It also makes delicious toast.

Great suppliers

We do so much baking and cake decorating in our test kitchen at w&h, we've become quite the experts on where to source the more specialist or difficult-to-find items. Here are our favourites:

+ Squires Kitchen (0845-2255671; squires-shop.com) is a one-stop shop for cake decorating. It sells the most fantastic cupcake cases and loaf cases in all sorts of patterns and colours, and has a huge range of pre-made decorations and colours.

+ Lakeland (01539-488100; lakeland.co.uk) for cake tins, cases and more – the disposable piping bags are a must-have. It also stocks a great range for budding bread bakers, including bread machines, baguette trays and pre-made bread mixes for machines or hand baking.

+ Lawsons (01752-897384; lawsonshop.co.uk) has everything the cake decorator and baker could ever need. It has a huge range of cake tins, loaf tins and flan tins, plus a good selection of cake decorations, ornaments and food colours.

+ Amazon (amazon.co.uk) has in recent times expanded its kitchenware offering, and it's here that you'll find the kugelhupf tin needed for our cake recipe overleaf.

Other specialists to try include:

+ janeasher.co.uk + divertimenti.co.uk + sugarshack.co.uk.

Pumpkin cob loaf

This feel good loaf contains plenty of beta-carotene and is filling enough to be served with a simple salad for lunch.

PREPARATION TIME: 35 MINUTES, PLUS RISING

COOKING TIME: 35 TO 45 MINUTES

SERVES 6 TO 8



PREPARE AHEAD / FREEZE

550g (1lb 4oz) pumpkin (prepared weight 450g/1lb), skinned, deseeded (1tbsp seeds reserved), cut into 1cm (½in) dice or triangles

75g sachet easy-blend micronised dried yeast

1tbsp clear honey

450g (1lb) plain white flour (plus extra for shaping)

2tbsp milk

½tsp fine sea salt

2 large free-range eggs, beaten

2tbsp extra virgin olive oil

50g (2oz) Pecorino cheese, finely grated

1 Cover the pumpkin with boiling water and simmer for 20 minutes or until the flesh is fork tender. Drain, keeping back 150ml (¼pt) of the cooking water.

2 In a food processor fitted with a plastic blade, combine the yeast, honey and 2 tablespoons of the flour. Add milk, cooking water and salt, and pulse twice. Leave the mixture for 10 to 15 minutes, until frothy. Add the eggs, olive oil and half the flour, then pulse for 1 minute. Add the remaining flour and pulse again to a sticky dough. Turn out on to a heavily floured surface and knead rhythmically for 2 minutes. Spread a third of the pumpkin over the dough, fold in the edges to enclose it, then repeat this process once. Mash the remaining pumpkin and set aside.

3 Leave the dough in a lightly oiled bowl in a warm place, wrapped in a large plastic bag, to rise for 1 hour – after half an hour, heat the oven to 220 C, 200 C fan, 425 F, gas 7, then punch down to deflate the dough.

4 Set the dough on a baking sheet and work in the final third of the pumpkin with some extra flour. Brush with some warm water, scatter over the grated cheese and the reserved seeds. Bake for 20 to 25 minutes, reduce the heat to 200 C, 180 C fan, 400 F, gas 6 and bake for 15 to 20 minutes more, or until dark and crusty (the loaf should sound hollow when tapped). Leave to cool.

Per serving: 380-285 calories, 10-7.5g fat (3-2.5g saturated), 63-47g carbohydrate

FEEL
GOOD+

BREAD KNOW-HOW

If you've never made bread before, it's actually much easier than you think. The yeast needs warmth and food, usually in the form of sugar, to activate. Kneading the dough helps the gluten in the flour to expand and, therefore, helps the bread to rise. The dough is ready to rise when it springs back after kneading and is smooth and glossy.

Pumpkin cob loaf (recipe page 95)

Ham, cheese and chive muffins

This is a meal in a muffin, great as part of your packed lunch or just with a salad.

**PREPARATION TIME: 20 MINUTES,
PLUS CHILLING**

COOKING TIME: 30 MINUTES

MAKES 6 MUFFINS

  **EASY / PREPARE AHEAD**

225g (8oz) plain white flour, sifted

1tsp baking powder

1tsp chicken or vegetable stock granules

¼tsp cracked black pepper

**75g (3oz) Gruyère or Emmental cheese,
cut into tiny cubes**

**small handful fresh chives, finely
chopped**

2 large free-range eggs, fork-whisked

150ml (⅓pt) milk

50ml (2fl oz) extra-virgin olive oil

**75g (3oz) British cooked ham, chopped
into tiny cubes**

you will need:

**6-hole muffin tray, oiled, or 6 double-
thickness paper cases**

1 Mix all the dry ingredients in a bowl, reserving a little of the cheese and chives, then cover and chill in the fridge. In a separate bowl, whisk together the eggs, milk, oil and 1 tablespoon of cold water, then cover and place in the fridge to chill.

2 An hour before serving, heat the oven to 200 C, 180 C fan, 400 F, gas 6. Stir the wet ingredients, including the ham, into the dry ingredients to form a moist, lumpy batter, ensuring that there are no pockets of unmixed flour. Spoon the mixture into the


Try this
Swap the cheese
for a mature
Cheddar and use
thyme instead
of chives

muffin tray, scattering with the reserved cheese and chives. Bake for 30 minutes or until the muffins are browned, crusty and fragrant. Serve warm with extra butter for spreading, if liked.

*Per muffin: 299 calories, 15g fat
(5g saturated), 31g carbohydrate*



Ham, cheese and chive muffins



Kugelhopf

Kugelhopf

This Austro-Hungarian cake can be made with or without yeast, but the version here contains both baking powder and yeast to give it a sweet and distinctive flavour.

PREPARATION TIME: 20 MINUTES

COOKING TIME: 35 MINUTES

SERVES 12

EASY / PREPARE AHEAD / FREEZE

4 large free-range eggs, beaten
200g (7oz) vanilla sugar
1tsp almond essence
125g (4½oz) ground almonds
75g (3oz) plain white flour, sifted
50g (2oz) blue poppy seeds
2tsp baking powder
7g sachet easy-bake yeast
¼tsp sea-salt flakes
sifted icing sugar, for dusting

you will need:

kugel or babka tin (a ring tin with defined ridges and a central hole – see page 95 for where to buy), 23-25cm (9-10in) in diameter, greased with butter

1 In a large, deep bowl, over hand-hot water, whisk together the eggs, vanilla sugar and almond essence using a rotary or electric beater for 2 to 3 minutes until light, frothy and dense. Add the ground almonds, flour, seeds, baking powder, yeast and salt. Fold and mix through these dry ingredients gently but firmly until the mixture is even.

2 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. Pour the mixture into the greased tin and bake for 30 to 35 minutes or until risen, golden, fragrant and firm to the touch. It should shrink slightly in from the edges and a skewer inserted should come out clean. Leave to cool for 10 minutes, then invert the mould on to a rack. Dust with icing sugar and serve sliced, with coffee, lemon tea or a dessert wine.

Per serving: 186 calories, 10g fat (1.4g saturated), 24g carbohydrate

Courgette, cheese and herb loaf

Serve this savoury scone-dough tea loaf warm, with ricotta cheese and dressed rocket or watercress leaves.

PREPARATION TIME: 25 MINUTES

COOKING TIME: 50 MINUTES

SERVES 4 TO 6

PREPARE AHEAD / FREEZE

75g (3oz) butter, in tiny dice
5 courgettes, about 475g (1lb 1oz), coarsely grated
450g (1lb) self-raising white flour, sifted
2tsp baking powder
25g (1oz) curly or flat-leaf parsley, chopped, a few sprigs reserved
2 large free-range eggs, beaten with a fork
400ml (14fl oz) milk
75g (3oz) strong Cheddar cheese, coarsely grated
you will need:
900g (2lb) loaf tin

1 Heat the oven to 190 C, 170 C fan, 375 F, gas 5. Line the long sides and base of the loaf tin with non-stick silicon paper, leaving 5cm (2in) above the rim. Rub a little butter over the unlined short ends.

2 To remove the excess liquid from the grated courgettes, mix with 2 teaspoons of salt and pile into a nylon sieve set over a bowl. Leave to drip for 10 minutes, then squeeze the courgettes until dry. Discard the salty juices.

3 In a large bowl, combine the flour and baking powder, parsley and remaining butter. Add the courgette shreds. Whisk together the eggs and milk and add the cheese, then pour into the flour mix and stir with a knife to create a dense sticky batter; ensure there are no dry pockets of flour but do not over mix. Turn into the lined loaf tin and press in extra parsley sprigs on top, if liked.
4 Bake for 20 minutes, then raise the heat to 200 C, 180 C fan, 400 F, gas 6 and bake for 20 minutes more until the top is golden and a skewer inserted at an angle comes out clean. Leave the loaf in the turned off oven for 10 minutes. Cool on a rack before turning out, running a knife around the edge of the tin to loosen.

Per serving: 726-484 calories, 31-21g fat (18-12g saturated), 92-60g carbohydrate



✚
Smart idea
Any leftovers
would make a
delicious savoury
bread and butter
pudding

Courgette, cheese and herb loaf



YOU JUST CAN'T BEAT HOME-BAKED CAKES, THE KIND YOU GET AT VILLAGE SHOWS, MADE WITH FRESH, NATURAL INGREDIENTS. AS JAMES MARTIN SAYS: "IT'S BAKING AT ITS BEST. THERE ARE NO ADDITIVES OR FANCY COLOURINGS, UNLIKE SUPERMARKET SHELVES WITH CAKES AND BISCUITS DESIGNED TO ATTRACT KIDS WITH GLOW-IN-THE-DARK SWEETS ON TOP."

James loves the rich topping on this cake, but you can replace it with Greek yogurt mixed with icing sugar and vanilla extract

JAMES MARTIN'S

Carrot cake

Good fresh carrots are a must for this recipe. I know it sounds daft, but compare a fresh carrot just pulled from the ground with the one that's been wrapped in a bag on a supermarket shelf after a journey from some far-flung country. You'll see what I mean.

PREPARATION TIME: 30 MINUTES

COOKING TIME: 45 MINUTES

SERVES 14

EASY / PREPARE AHEAD

5 medium carrots, scraped and sliced
juice of 2 oranges

125ml (4fl oz) corn oil

4 free-range eggs, separated

375g (13oz) caster sugar

350g (12oz) "00" pasta flour
or plain flour

15g (½oz) baking powder

for the topping:

250g (9oz) mascarpone or
good cream cheese

250ml (9fl oz) double cream

2tbsp caster sugar

2 to 3tbsp Cointreau, to taste

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Butter a 30cm (12in) springform cake tin and line the bottom of the tin with a disc of greaseproof paper.

2 To make the cake, place the carrots in a pan, cover with water, and add the orange juice. Bring to the boil and cook until tender. Drain and cool. Put the carrots in a blender with the corn oil and the egg yolks, and blitz to a purée.

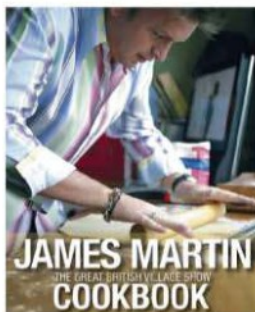
3 Transfer the carrot purée to a bowl and fold in the sugar, flour and baking powder, mixing well together. Whisk the egg whites until stiff and gently fold in.

4 Pour the mixture into the prepared tin and bake for 30 to 35 minutes until golden brown and springy to the touch, and a skewer inserted in the centre comes out clean.

5 Cool in the tin for a few minutes, then turn out on to a wire rack to cool completely.

6 To make the topping, whisk together the mascarpone, cream and sugar in a bowl. Stir in Cointreau to taste. Spread the topping over the cake. Chill to set the topping before serving, if you like.

Per serving: 470 calories, 26g fat (13g saturated), 55g carbohydrate



THE GREAT BRITISH VILLAGE SHOW COOKBOOK (DORLING KINDERSLEY, £12.99)

Based on the BBC TV series *The Great British Village Show*, this book celebrates the best of British home cooking. In it, James has put together more than 100 recipes that use top local produce from village fêtes and farmers' markets. There are also expert tips on growing prize-winning fruit and veg, and making perfect cakes and delicious jam.



James Martin's Carrot cake

“The wealth of nutrients in wholegrains has been found to reduce the risk of heart disease”



Wholegrains

There has been a lot of press in recent years about the health benefits of eating wholegrains. But what actually defines a wholegrain and why exactly are they so beneficial to us? Rebecca Smith explains

A grain is considered “whole” when all three parts of it – bran, germ and endosperm – are intact. Refined grains (such as those used to make white bread) contain only the endosperm, and lose the majority of their beneficial properties in the refining process.

When grains are left whole, they are an excellent source of B vitamins, vitamin E, magnesium, iron and fibre, along with other valuable antioxidants that aren't always present in fruit and vegetables. These nutrients have been found to have a number of health benefits, including reducing the risk of heart disease, asthma and certain cancers.

The most common types of wholegrains are easy to incorporate into your a daily diet, and we've listed some of our favourites below.

✚ WILD RICE

Long black grains that have a nutty flavour and a chewier texture than white rice. Wild rice is gorgeous steamed and served warm as a salad, with feta, toasted hazelnuts and rocket, and drizzled with olive oil and fresh orange juice.

✚ BARLEY

Pearl barley is a great alternative to white rice or couscous, as it's so tasty and incredibly cheap! Boil it for 30 minutes and serve with roasted squash, beetroot and coriander, or add a good handful to a chunky chicken broth to turn it into a hearty, substantial meal.

✚ WHOLE OATS

Of course, porridge makes a great breakfast in the winter, but if you fancy something a little lighter, try making your own Bircher muesli. Soak some whole porridge oats overnight in a 50/50 mixture of milk and apple juice, together with a whole grated apple. To serve, stir through some live yogurt and any topping you fancy – we love blueberries, sunflower seeds and a drizzle of honey.

✚ BULGUR

Wholegrain bulgur wheat can be found in most health-food shops and some supermarkets, and is similar in appearance and texture to cracked wheat or couscous. It's a traditional ingredient in Turkish and Middle Eastern dishes, and we love making tabbouleh with it. Finely dice a red onion and combine with a huge heap of roughly chopped parsley, a handful of cooked bulgur wheat and a diced tomato. Drizzle over some olive oil and the juice of a lemon.

✚ POPCORN

Not just for the movies! Popcorn makes a great snack any time, and can be jazzed up as a simple, chic party nibble. Try melting some butter in a lidded pan with a good sprinkle of sea salt, a teaspoon of chilli flakes and a couple of teaspoons of finely chopped rosemary. Add the uncooked corn to the pan, put the lid on and shake the pan over the heat until most of the popping has stopped. Serve warm sprinkled with a little more sea salt.

✚ QUINOA

This relative new-kid-on-the-block is fast growing in popularity. So easy to cook, like couscous, it's a great carrier of flavour, and has a mild nutty taste that blends with most other ingredients. Try it cooked and tossed through with sliced spring onion, fresh mint, diced red chilli and shredded poached chicken breast. Drizzle with olive oil and lime juice. It's also great for healthy packed lunches as it can be dressed in advance and won't go soggy.

Feeding the family

Increasing your wholegrain intake is so easy. Many companies now flag up the fact that their products contain wholegrains, so look on the labels in the supermarket. You can also take simple steps in your everyday cooking and eating habits. Try some of the following:

- ✚ Swap your white bread for a wholegrain loaf, but make sure it's definitely wholegrain and not just brown bread. Or even better, make your own!
- ✚ Buy wholegrain breakfast cereals. All of Nestlé's cereals contain wholegrains and a large number of Kellogg's do too.
- ✚ Substitute wholemeal flour for white flour in recipes – an apple crumble, for instance, tastes gorgeous made with wholemeal flour, and using it in a pancake batter gives an authentically French galette-style result. It's also tasty in savoury muffins and home-made healthier pizza bases.

✚ **For more advice on wholegrains and using them in your cooking, visit the website wholegraingoodness.com.**



For more delicious wholegrains inspiration and recipes, go to womanandhome.com.

Divine desserts

Can anything give you more of that feel good factor than a delicious dessert? Luckily, our favourite chocolate boosts that happy hormone serotonin, so there's definitely an excuse to tuck in – in moderation, of course. Remember our mantra – a little bit of what you fancy does you good, but just keep those little bits for the weekend and special occasions.



“Passion fruit, blueberries and physalis add a fruity goodness to this impressive dessert”



Fruity meringue roulade

Fruity meringue roulade

This yogurt meringue dessert looks great but it's deceptively easy to make.

PREPARATION TIME: 40 MINUTES

COOKING TIME: 20 MINUTES

SERVES 8

PREPARE AHEAD

4 free-range egg whites

250g (9oz) caster sugar

1tsp cornflour

1tsp white wine vinegar

1tsp vanilla extract

for the filling:

2 passion fruit, halved

finely grated zest and juice **1** lemon

1tbsp cornflour

100ml (4fl oz) water

1 free-range egg yolk

1tbsp icing sugar

200ml (7fl oz) 0% fat Greek yogurt

100g (4oz) blueberries

for the decoration:

1tbsp icing sugar

6 physalis

8 blueberries

1tbsp chopped toasted hazelnuts

(optional)

you will need:

31x21cm (12¼x8½in) Swiss roll tin, lined with baking parchment, leaving a **2.5cm (1in)** overlap around the edge

1 Heat the oven to 170 C, 150 C fan, 325 F, gas 3. Put the egg whites in a large, spotlessly clean bowl with a pinch of salt, and whisk until the mixture holds stiff peaks.

2 Add the caster sugar 1 tablespoon at a time, whisking well after each addition, until the mixture is thick and glossy. Stir in the cornflour, vinegar and vanilla extract. Spread the mixture on to the tin using a spatula or palette knife. Bake for 20 minutes until the top is crisp, golden and firm to the touch.

3 Meanwhile, make the filling. Rest a sieve over a small non-stick pan, scoop out the passion fruit seeds and press through the sieve to collect the juice. Add the lemon zest and juice. Put the cornflour into a small bowl, add 1 tablespoon of the cold water and mix to a smooth paste. Heat the juice in the pan with the rest of the water, stir in the cornflour mixture and stir until thickened

and smooth. Remove from the heat and pour into a jug. Stir in the egg yolk and cool.

4 Lay a sheet of baking parchment on a work surface and dust with icing sugar. When the meringue has cooled slightly in the tin, tip out on to the parchment and peel off the lining paper. Leave to cool completely.

5 Spread the yogurt over the meringue. Pour over the lemon and passion fruit sauce and sprinkle on the blueberries. Carefully roll up the meringue like a Swiss roll, using the parchment paper to help you manoeuvre it. Sprinkle over the sieved icing sugar and decorate with physalis, blueberries and hazelnuts.

Per serving: 185 calories, 0.7g fat (0.2g saturated), 40g carbohydrate

FEEL GOOD+

MERINGUE KNOW-HOW

Here, we've used a 0% fat filling and added fruit to increase the feel good factor. When whisking egg whites for a meringue, ensure they're at room temperature, and whisk until stiff before adding the sugar. The bowl should be clean and grease-free, otherwise the egg whites won't whip up sufficiently.



Tropical fruit salad

Tropical fruit salad

Papaya is an excellent source of vitamin C and a good source of beta-carotene.

PREPARATION TIME: 20 MINUTES,

PLUS CHILLING AND INFUSING

COOKING TIME: 10 MINUTES

SERVES 6 TO 8

EASY / PREPARE AHEAD

4 passion fruit

juice 1 lime

½ large red chilli, thinly sliced lengthways

2 papaya, sliced

1 mango, cubed

200g (7oz) lychees

1 pineapple, cored and cubed

for the syrup:

300g (10oz) caster sugar

2 stalks lemongrass, finely sliced

To make the syrup, put the sugar and 300ml (½pt) cold water into a saucepan. Heat gently until the sugar has dissolved then add the lemongrass. Set aside to infuse for 1 hour then add the pulp of the passion fruit, lime juice and chilli. Pour over the fruit, mix well and chill in the fridge until ready to serve.

Per serving: 282-211 calories, 0g fat, 72-54g carbohydrate

Tropical Pavlova cake

You can really cut down the fat content in this recipe by using only 0% Greek yogurt.

**PREPARATION TIME: 30 MINUTES,
PLUS COOLING**

COOKING TIME: 1 HOUR

SERVES 8 TO 12

PREPARE AHEAD

4 large free-range eggs, separated

1tbsp white vinegar

1tbsp cornflour

200g (7oz) caster sugar

for the filling:

10 passion fruit, halved

**300g (10oz) fresh mango flesh, skinned
and sliced into strips, cubes or both**

50g (2oz) vanilla sugar

for the topping:

400ml (14fl oz) reduced-fat double cream

200g (7oz) thick Greek natural yogurt

freshly grated nutmeg, to decorate

1 Heat the oven to 150 C, 130 C fan, 300 F, gas 2. Line a baking sheet with non-stick Teflon fabric or silicone paper and sprinkle with water. In a large bowl, whisk the egg whites and ¼ teaspoon of salt to a soft foam. Continue whisking, adding the vinegar, cornflour and half the caster sugar, until stiff peaks form. Add the rest of the sugar and continue whisking to a glossy, stiff meringue.

2 Smooth the meringue into a 25cm (10in) round using a palette knife, making it slightly concave in the centre. Reduce the oven to 140 C, 120 C fan, 275 F, gas 1 and bake for 1 hour or until the meringue is

crusty, firm and pale. Turn off the oven and leave to cool in the oven for 1 hour.

3 Scoop the passion fruit pulp into a blender. Blitz for 5 seconds, then strain the liquid, discarding the seeds. Return the liquid to the blender, add half the mango and pulse to a purée. Put the vanilla sugar and half the purée into a saucepan with the egg yolks. Heat and stir constantly over a medium heat for 5 minutes or until a thick, creamy sauce forms. Cool over ice, then fold in the remaining purée.

4 At serving time, whisk the cream until thick, fold in the yogurt and briefly whisk again. Spread the pavlova with the purée and scatter the remaining mango pieces around the edges. Smooth the yogurt and cream mix over most of the top and dust with nutmeg.

Per serving: 341-227 calories, 19-12g fat (13-8.5g saturated), 38-25g carbohydrate



Tropical Pavlova Cake

+
Cook's tip
**Try different
fruit toppings,
such as fresh
pineapple and
kiwi fruit**

“The magic of a soufflé is that you can freeze it completely in the dish once prepared, then bake directly from frozen to save time”



Hot apricot soufflés (recipe page 111)



+

Get ahead
This dessert
will happily sit
for up to 24
hours in the
fridge

Lemon syllabub

Lemon syllabub

A little shot glass of our zesty syllabub is perfect after a heavy meal.

**PREPARATION TIME: 10 MINUTES,
PLUS CHILLING**
COOKING TIME: 5 MINUTES
SERVES 8

EASY / PREPARE AHEAD

4tbsp caster sugar
finely grated zest 1 lemon
3tbsp lemon juice
75ml (3fl oz) Marsala or Madeira wine
300ml (½pt) reduced-fat whipping cream
candied lemon zest (see recipe below)

1 Place the sugar, lemon zest and juice in a small saucepan over a low flame and heat until the sugar has dissolved. Add the Marsala or Madeira, then take off the heat and allow to cool completely.

2 Lightly whip the cream until it holds its shape. Add the lemon and wine mixture to the cream and whisk until it thickens back into a lighter consistency. Pour into 8 small glasses and chill for 2 hours. Decorate with candied lemon zest to serve.

*Per serving: 152 calories, 11g fat
(10g saturated), 10g carbohydrate*

+ CANDIED LEMON ZEST

Dissolve 100g (4oz) granulated sugar in 200ml (7fl oz) water in a small saucepan over a low heat. Wash 2 unwaxed lemons, then pare their zest. Add to the syrup, and bring the mixture to the boil. Simmer for 8 to 10 minutes or until the syrup thickens and the lemon zest is completely coated. Transfer the candied lemon zest to a sheet of baking parchment and leave to cool.

Hot apricot soufflés

Dried apricots are an excellent source of potassium and a good source of fibre.

PREPARATION TIME: 25 MINUTES
COOKING TIME: 45 MINUTES
SERVES 6

FREEZE

250g (9oz) dried apricots, finely chopped
200ml (7fl oz) freshly squeezed orange juice
4tbsp single cream
4 free-range egg yolks
6 free-range egg whites
75g (3oz) caster sugar
sieved icing sugar, to dust

you will need:

6 x 200ml (7fl oz) straight-side soufflé dishes

1 Put the apricots, juice and 100ml (4fl oz) of boiling water in a saucepan. Bring to boiling point, cover, then reduce the heat and simmer for 30 minutes, until the apricots are soft and most of the liquid has been absorbed. Blitz in a food processor or with a hand-held blender to a thick, smooth purée. Cool, then stir in the cream.

2 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Fold the egg yolks into the cooled apricot purée and then, in a large clean bowl and using an electric hand-held whisk, whisk the egg whites with a pinch of salt until soft peaks form. Add the sugar and continue whisking to a firm, glossy meringue. Using a rubber spatula, carefully fold the whites into the apricot mixture, a third at a time, until evenly mixed. Divide the mixture between the soufflé dishes, filling them to the top. Run your thumb around the edges to create a little ridge. Set the uncooked soufflés on a metal baking sheet, spacing them evenly. Bake for 10 to 12 minutes or until golden and puffed; when a dish is jiggled slightly, the contents should barely wobble. Dust with icing sugar, if liked, and serve immediately.

*Per serving: 210 calories, 6g fat
(2g saturated), 34g carbohydrate*



SWEET AND EASY

We like to keep desserts especially for the weekend and keep our bodies as temples during the week. So here are some ideas for speedy puddings, some of which will surprise you in their low-calorie status:

- + Lemon sorbet with lightly cooked blueberries.
- + Apple purée cooked with cinnamon, with a drizzle of honey and 0% Greek yogurt.
- + It's always worth having all-butter ready-rolled puff pastry in your freezer. Take a sheet of it and top with peeled and sliced dessert apples, which have been lightly poached in red wine, then bake. You could even use tinned apricots or peaches straight from the tin, scatter with flaked almonds, then bake in a hot oven.
- + Bought meringues are always a god-send for the cook. Top with cream or yogurt of your choice, then add seasonal fruits.
- + Also with meringues, you could crush them, top with your favourite ice cream then add toasted nuts. For sheer indulgence, why not melt some dark chocolate to drizzle over the top?
- + Fill a bought pastry case with pastry cream and a selection of seasonal fruits.



Lemon and almond drizzle cake

Lemon and almond drizzle cake

Almonds make this cake moist and moreish, and they are high in "good" fats, which help lower cholesterol, benefiting the heart.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 40 MINUTES

SERVES 15

 **EASY / PREPARE AHEAD / FREEZE**

100g (4oz) olive oil spread
175g (6oz) golden caster sugar
finely grated zest and juice 2 lemons
2 large free-range eggs
175g (6oz) self-raising flour
1tsp baking powder
150ml (1/4pt) buttermilk
25g (1oz) flaked almonds
400g (14oz) raspberries, to serve
for the syrup:
100g (4oz) golden caster sugar
juice 1 lemon

you will need:

23cm (9in) springform tin, lined with baking parchment

1 Heat the oven to 180 C, 160 C fan, 350 F, gas 4. For the cake, put the olive oil spread and golden caster sugar into a large bowl and cream together with an electric mixer until the mixture is pale and creamy.

2 Add the finely grated lemon zest and juice and gradually whisk in the eggs. Fold in the sieved flour, baking powder and buttermilk, until evenly mixed.

3 Spoon into the prepared tin and sprinkle over the flaked almonds. Bake for 30 to 40 minutes, until golden and firm to the touch.

4 For the syrup, put the golden caster sugar and lemon juice into a pan and gently warm to dissolve the sugar. Insert a cocktail stick several times into the lemon cake and pour over the lemon syrup while the cake is warm. Leave to cool. Cut the cake into 15 wedges and serve with fresh raspberries.

Per serving: 194 calories, 8g fat (1.5g saturated), 30g carbohydrate

Super-sticky lemon and syrup pudding

This pudding is self-saucing, but it's rather delicious served with a hot custard too.

PREPARATION TIME: 30 MINUTES

COOKING TIME: 2 HOURS

SERVES 8

 **EASY / PREPARE AHEAD**

3tbsp golden syrup
1tbsp breadcrumbs
175g (6oz) golden caster sugar
175g (6oz) butter, softened
3 free-range eggs, beaten
175g (6oz) self-raising flour
1tsp ground ginger
zest 1/2 lemon
2tbsp milk

you will need:

1-litre (1 1/4pt) pudding basin, buttered

1 Drizzle the golden syrup into the buttered basin and scatter over the breadcrumbs. Set aside.

2 In a food processor, or with a hand-held electric whisk, cream together the caster sugar and butter, until pale and fluffy. Gradually mix in the eggs, then fold in the flour, ginger, lemon zest and milk.

3 Pour into the basin and cover with a pleated piece of greaseproof paper 2cm (3/4in) larger than the basin; cover with foil and tie tightly with string. Attach another piece of string across the top of the basin to make a handle.

4 Put the basin in a deep pan and add enough boiling water to reach halfway up the side. Cover and steam for 2 hours; top up the water if it starts to evaporate too quickly. Leave the pudding for 5 minutes, turn out on to a plate and serve.
Per serving: 380 calories, 21g fat (12g saturated), 46g carbohydrate



“This is real nursery food, just what you need on a bad hair day... Warm, comforting and utterly nostalgic”

Super-sticky lemon and syrup pudding



✦
Cook's tip
When melting
chocolate,
ensure the bowl
doesn't touch
the water

Choco-dulce dessert (recipe page 117)

“Our citrus crêpes are positively bursting with goodness – the dark berry fruits are high in healthy antioxidants”



Citrus crêpes (recipe page 117)

✦
Try this
If you prefer
an alcohol-free
dessert, just
replace with
orange juice



Raspberry and pomegranate Kissel

FEEL
GOOD+

RASPBERRY KNOW-HOW

Now that we can buy frozen raspberries whenever our own British berries are out of season, you can enjoy them all year round. They're a rich source of vitamin C, needed to maintain healthy skin, bones and teeth. It helps the body to absorb iron from food and speeds up the body's healing process. As an antioxidant, vitamin C is thought to play a part in protecting against certain cancers.

Raspberry and pomegranate Kissel

Pomegranate juice is loaded with good-for-you antioxidants to boost the immune system.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 MINUTES

SERVES 4 (MAKES 850ML/1½PT)

  **EASY / PREPARE AHEAD**

500g (1lb 2oz) fresh or frozen raspberries
100g (4oz) icing sugar
juice 1 fresh orange
250ml (9fl oz) pomegranate juice
2 vanilla pods, halved lengthways
2tbsp arrowroot, potato flour (féculé)
or custard powder
2tbsp dark rum, brandy or whisky

1 To make the Kissel, put half the berries and the icing sugar into a food processor and whizz to a red purée. Pour into a sieve over a small saucepan and rub through, discarding the seeds. Add the orange, pomegranate and vanilla, and crush lightly with a fork.
2 Bring the pan contents to boiling point. Mix the arrowroot, rum and 4 tablespoons of cold water to a paste then stir this into the hot mixture. Stirring continuously, cook for a further 1 to 2 minutes or until it thickens slightly. Remove the vanilla pod halves, and wash and dry them.
3 To serve, divide the remaining fresh berries evenly among 4 bowls. Pour the warm or cooled Kissel on top and decorate with a piece of the vanilla pod. Dust with a little icing sugar.

Per serving: 211 calories, 0g fat, 50g carbohydrate

Citrus crêpes

A great dessert to prepare ahead. Cook up the crêpes, layering with greaseproof and warm through in the microwave to serve.

PREPARATION TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

SERVES 6

   **EASY / PREPARE AHEAD / FREEZE**

50g (2oz) plain flour
50g (2oz) plain wholemeal flour
2 free-range eggs
300ml (½pt) skimmed milk
finely grated zest 1 orange
sunflower spray oil, for frying
for the filling:
200g (7oz) frozen forest berries
25g (1oz) caster sugar
1 mango, peeled, flesh cut away from stone and cubed
juice 1 orange
200g (7oz) half-fat crème fraîche

1 Put the plain and wholemeal flour into a food processor and add the eggs, milk and orange zest. Whizz everything together to make a smooth batter. Pour into a jug.
2 Spray a non-stick pancake pan with oil and heat. Add a ladleful of batter and swirl around the hot pan to cover. Cook for 30 seconds until it firms up, slide a palette knife underneath and flip over. Cook for another 30 seconds, until pale golden on the underside. Put on to a plate. Repeat with the remaining mixture and layer up with greaseproof paper to make 12 crêpes.
3 For the filling, put the berries in a pan with the sugar, and heat gently until the fruit is defrosted and the sugar dissolved. Put the mango into a bowl with the orange juice.
4 To serve, microwave the stack of crêpes for 1 minute. Fill each one with a generous dollop of half-fat crème fraîche. Roll up and serve with juicy orange mangoes and forest fruits.
Per serving: 200 calories, 8g fat (4g saturated), 26g carbohydrate

Choco-dulce dessert

Utterly rich and indulgent, the great thing is that you only need a tiny portion.

PREPARATION TIME: 15 MINUTES, PLUS CHILLING

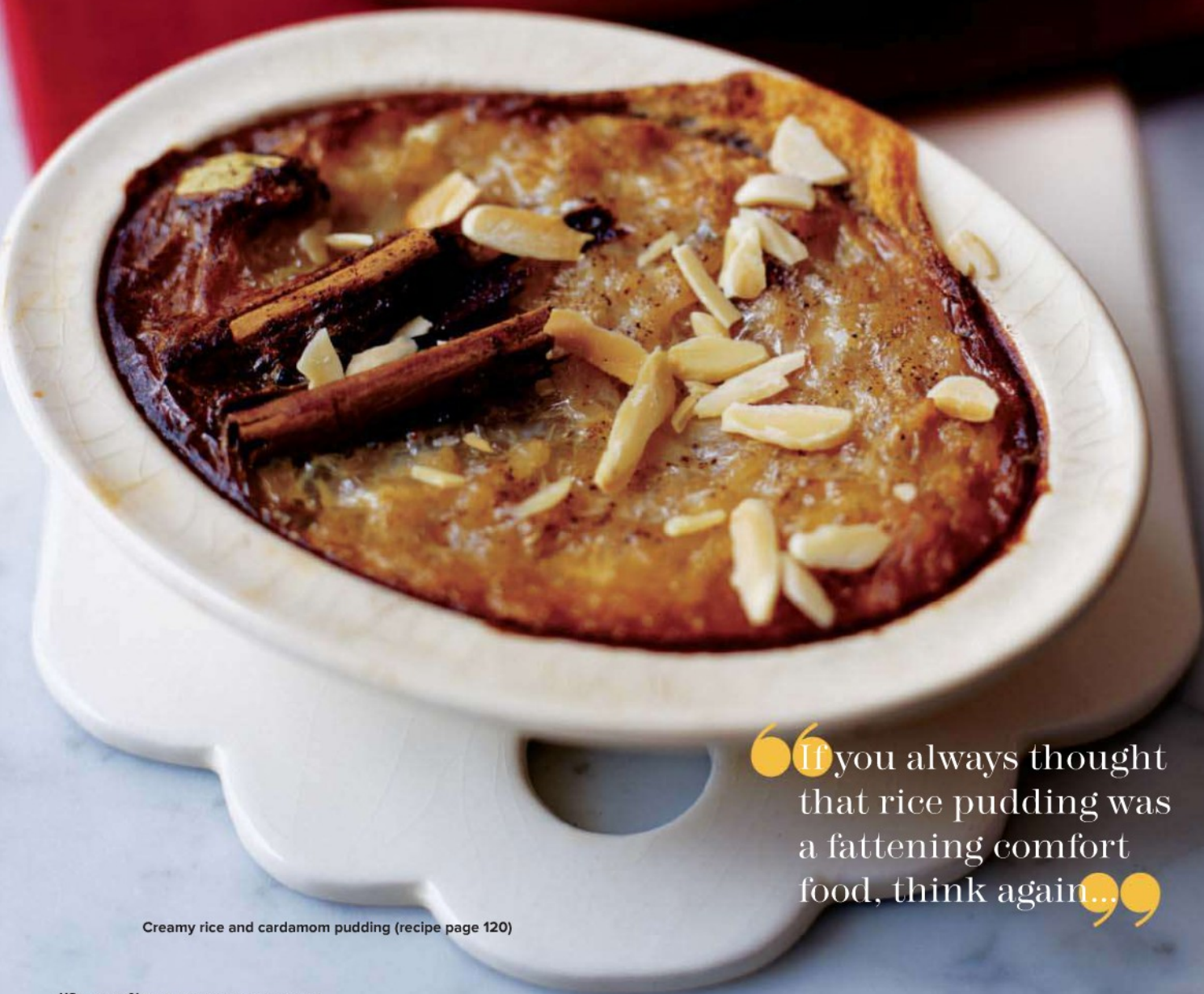
COOKING TIME: 10 MINUTES

SERVES 6

  **EASY / PREPARE AHEAD**

250g (9oz) dark chocolate (75% cocoa solids), broken up
130ml (4½fl oz) hot fresh coffee
397g tin caramelised sweetened condensed milk (dulce de leche)
25g (1oz) candied rose petals, to decorate
8 wafers, langue du chat or crispy spice biscuits, to serve

1 Melt the chocolate and coffee, combined, in a heavy-based saucepan over a medium heat for 4 to 5 minutes, stirring. Once the mixture is smooth and velvety, stand the pan in some iced water to cool. Using a wooden spoon, beat in the caramelised milk until silky. Chill for 20 to 30 minutes or longer, until the mixture is "pipeable" and holds its shape.
2 Using a piping bag with a wide star nozzle, pipe the mixture into 6 serving glasses, twisting the glasses as you do so, to create decorative results. Alternatively, spoon the mixture prettily into the glasses, ending in a peak. Chill for up to 2 days. Remove from the fridge about 45 minutes before serving. Sprinkle a few candied rose petals on top for additional decoration. Serve with wafers, langue du chat or crispy spice biscuits.
Per serving: 435 calories, 18g fat (11g saturated), 63g carbohydrate



Creamy rice and cardamom pudding (recipe page 120)

“If you always thought that rice pudding was a fattening comfort food, think again...”



✦
Get ahead
Make the
meringue the day
before; store in a
cool place (not
the fridge)

Coffee and macadamia nut meringue (recipe overleaf)

Creamy rice and cardamom pudding

Semi-skimmed milk will still give a rich result in this lightly spiced dessert.

PREPARATION TIME: 5 MINUTES

COOKING TIME: 30 MINUTES

SERVES 4

 **EASY / PREPARE AHEAD**

60g (2½oz) risotto rice
500ml (18fl oz) semi-skimmed milk
2tbsp light condensed milk
2 cardamom pods, lightly crushed
½ cinnamon stick
50g (2oz) raisins
½tsp ground cinnamon
25g (1oz) toasted flaked almonds

1 Heat the grill to high. Place all the ingredients, except for the ground cinnamon and almonds, in a non-stick saucepan and stir over a gentle heat (the mixture should be barely simmering) for 25 minutes or until nearly all the liquid is absorbed but the rice is not stiff.

2 Transfer to 4 small ovenproof dishes and dust with the cinnamon. Place them under the grill to create a lightly coloured skin, then serve immediately, scattered with the almonds.

Per serving: 212 calories, 7g fat (2g saturated), 32g carbohydrate

GET AHEAD

You can prepare this up to an hour before serving, but don't grill until the last moment. You'll need to add a little extra liquid too, as the rice will absorb it as it sits.

✚ DID YOU KNOW?

Dried fruits and nuts are a must for the storecupboard. Great for a healthy snack, nuts contain B and E vitamins, good fats, protein and minerals. Raisins are a good source of potassium and contain iron. Don't eat handfuls, though! And if you want to be really healthy, use short-grain brown rice in this recipe – but this will need a longer cooking time.

Coffee and macadamia nut meringue

Macadamia nuts contain significant amounts of fibre and the B-complex vitamins.

PREPARATION TIME: 40 MINUTES

COOKING TIME: 2 HOURS 30 MINUTES

SERVES 12

 **PREPARE AHEAD**

for the meringue:

200g (7oz) free-range egg whites
(about 3 large eggs, but you need to weigh them)
250g (9oz) caster sugar
150g (5oz) dark muscovado sugar
1tsp coffee essence (such as Camp), or very strong espresso

for the filling:

75g (3oz) macadamia nuts
150g (5oz) granulated sugar
200ml (7fl oz) reduced-fat whipping cream or Greek yogurt
50ml (2fl oz) coffee essence or strong espresso
35g (1¼oz) dark chocolate

you will need:

large baking sheet and baking parchment

1 Heat the oven to 110 C, 90 C fan, 225 F, gas ¼. Bring a medium pan of water to a simmer. Add the egg whites and sugars to a large heat-proof bowl that will sit on the pan without the bowl touching the water.

2 Place the bowl over the pan, ensuring the bowl is not in contact with the water. Stir occasionally, until the sugars have dissolved into a hot, syrupy liquid. This will take about 15 to 20 minutes. (If you don't dissolve the sugar completely you'll have a grainy meringue, which won't whisk up to a large enough volume.) Stir in the coffee essence.

3 Take the bowl off the heat and whisk on a high speed for about 10 minutes. You really need a stand-alone electric mixer to get the volume. The mixture must have cooled, be firm, glossy and hold its shape.

4 Use a pinch of meringue to stick each corner of the baking parchment to the baking sheet. Spoon the meringue out into a circle, about the size of a dinner plate, making a dip in the centre. Bake for 2 hours 20 minutes; it should be dry underneath (gently lift the meringue with a palette knife to check).

5 To make the filling, put the macadamias on oiled foil. Melt the sugar over a medium heat, without stirring, until it's a light caramel. Pour it over the nuts and leave to set. Whip the cream and coffee and spoon into the meringue's centre. Chop the caramel and scatter over the cream. Melt the chocolate, drizzle over the meringue and serve.

Per serving: 270 calories, 7g fat (2g saturated), 51g carbohydrate

Chocolate and coffee mousse

Without any added fat, this melt-in-the-mouth dessert comes guilt-free!

PREPARATION TIME: 15 MINUTES,

PLUS CHILLING

COOKING TIME: 5 MINUTES

SERVES 4 TO 6

 **EASY / PREPARE AHEAD**

100g (4oz) good-quality dark chocolate
2 free-range eggs
1tbsp coffee essence (such as Camp)
4 free-range egg whites
25g (1oz) Brazil nuts, chopped

1 Melt the chocolate, then set aside to cool slightly. Whisk together the whole eggs with the coffee essence before beating in the chocolate.

2 In a clean bowl, whisk the egg whites until soft peaks form, then fold through the chocolate mixture until evenly combined. Spoon into ramekins or cappuccino cups and chill for at least 1 hour before serving, sprinkled with the Brazil nuts.

Per serving: 224-150 calories, 15-10g fat (6-4g saturated), 16-11g carbohydrate



+

Get ahead
You can
make this
dessert the day
before and
refrigerate it

Chocolate and coffee mousse



THOUGH WE TEND TO HAVE IT IN SWEET DISHES – WE LOVE IT IN JAMIE'S DELICIOUS CRUMBLE – RHUBARB IS IN FACT A VEGETABLE. IT HAS A HIGH WATER CONTENT, AND NUTRITIONALLY, IT'S A GOOD SOURCE OF POTASSIUM AND CONTAINS VITAMIN C. RHUBARB HAS A FANTASTIC FLAVOUR AND IT MARRIES WELL WITH MANY DISHES, BUT IT'S VERY TART, SO BE SURE TO BALANCE IT WITH ENOUGH SUGAR.

Rhubarb is incredibly refreshing so it's a great way to finish your meal – sponges, puddings, pastries and tarts all go hand in hand with it

JAMIE OLIVER'S

Rhubarb and sticky stem ginger crumble

This is a classic rhubarb crumble recipe but I've given it a little twist by adding stem ginger and porridge oats to make the best crumble mix ever. It's an absolutely delicious combination of flavours and really nice served with thick Jersey cream or cold custard (Bird's, of course – my only vice at the moment).

PREPARATION TIME: 20 MINUTES

COOKING TIME: 45 MINUTES

SERVES 4 TO 6

  **EASY / PREPARE AHEAD**

1kg (2lb 4oz) rhubarb, trimmed and sliced into large chunks
200g (7oz) soft brown sugar
zest and juice of 1 orange
100g (4oz) plain flour
100g (4oz) cold butter
100g (4oz) oats
2 pieces of stem ginger, chopped

1 Preheat your oven to 180 C, 160 C fan, 350 F, gas 4. Put the rhubarb and half the sugar into a pan. Add the orange juice and zest, put a lid on top, bring to the boil and simmer for a few minutes. Remove the lid and simmer for around 5 more minutes, until the rhubarb has softened slightly. Spoon into an ovenproof baking dish or individual dishes and spread out evenly across the bottom.

2 To make your crumble topping, use your fingers to lightly rub together the flour and butter until the mixture resembles fine breadcrumbs. Stir in the oats, the rest of the sugar and the stem ginger. (If you like, you can make the crumble topping in a food processor. Just whack in the flour, butter, sugar and stem ginger and whiz up. Add the oats for the last 10 seconds.) Sprinkle the crumble over the rhubarb and bake in the preheated oven for 40 to 45 minutes, or until the rhubarb is bubbling up and the crumble is golden.

Per serving for 6: 375 calories, 15g fat (9g saturated), 48g carbohydrate



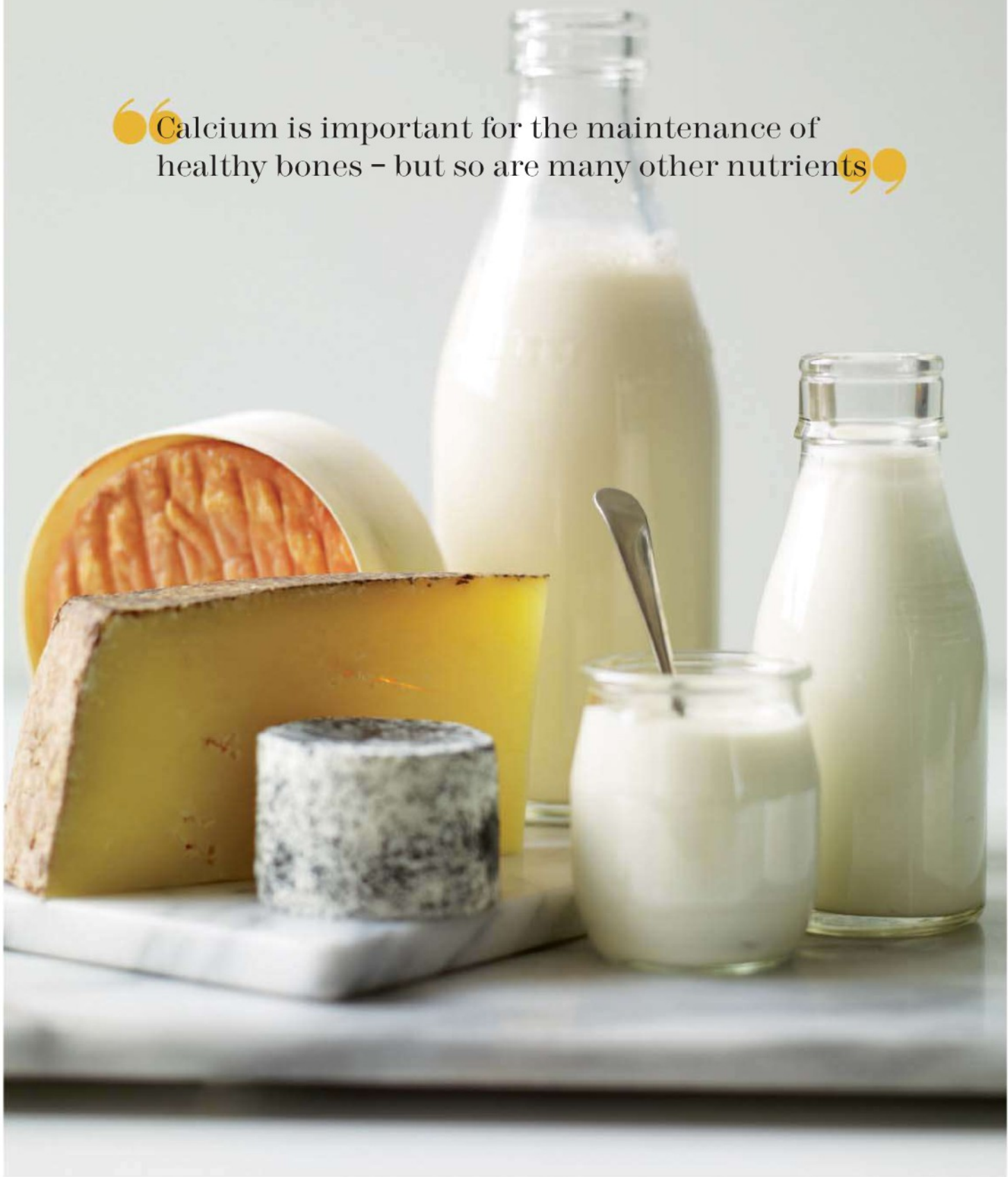
JAMIE AT HOME: COOK YOUR WAY TO THE GOOD LIFE (MICHAEL JOSEPH, £25)

Inspired by Jamie's love of gardening, this book contains over 100 tasty and quick recipes, which are broken down by ingredient and season. There are even a few simple gardening tips, in case you want to try growing your own food. Jamie says: "This book is very close to my heart. It's about no-nonsense, simple cooking with great flavours all year round." For more on Jamie, go to jamieoliver.com.



Jamie Oliver's Rhubarb and sticky stem ginger crumble

“Calcium is important for the maintenance of healthy bones – but so are many other nutrients”



The bare bones

Maintaining good bone health means a better quality of life in advancing years – something we all aspire to. Rebecca Smith sets out all the different things we can do to keep our main support structure in tip-top condition

We've all had the importance of a calcium-rich diet drummed into us since childhood, but many of us still take our skeletons for granted. Keeping our bones healthy is a vitally important aspect of the ageing process if you want to avoid the crippling pain of osteoporosis in later life. But keeping your bones healthy is more than just drinking a glass of milk every day. Many factors of our daily lifestyle contribute towards bone health, and there are certain changes we can make to ensure we are doing our very best to keep everything in good working order.

✦ EXERCISE YOUR WAY TO STRONGER BONES

While the first 20 years of life are really the most important in terms of healthy bone formation, we can maintain and improve our bones throughout the rest of our lives. An excellent way of achieving this is through weight-bearing exercise – that's exercise where you carry your own weight, such as jogging, dancing, aerobics, tennis or brisk walking. You should aim to do at least 30 minutes every day, five days a week, for maximum effect. Anything can help – even walking to the shops instead of driving. Joining a dance or aerobics class is also a great way to meet other people, as well as giving you an hour every week just for yourself!

✦ EAT FOR A HEALTHY SKELETON

We all know that calcium is important in the maintenance of healthy bones and this can be found in many different guises, of which dairy produce is only one. Interestingly, skimmed milk contains a higher concentration of calcium than full-fat, although many of milk's other beneficial properties are lost during the skimming process. Green leafy vegetables are another great source, with watercress and curly kale having a particularly high concentration. Almonds, Brazil nuts, dried figs and tofu also feature high up on the scale, and are easily incorporated into salads as a simple and delicious way to boost your calcium intake.

That said, there are many other nutrients needed to maintain a tip-top bone structure. Here's our pick of the best:

✦ **Vitamin D** Your body needs adequate reserves of vitamin D to effectively process calcium. In the summer, a large amount of this can be gained from being in sunlight (wearing an appropriate SPF, of course), but during the darker months it's best to get your intake from eating the right foods. Many varieties of fish are high in vitamin D, including wild sockeye salmon (available in Waitrose), cod and sardines. Eggs are another excellent source.

✦ **Healthy fats** For years, fat in our diet has been held responsible for all sorts of health problems, such as obesity and heart disease,

but there are some that are essential to our wellbeing. Healthy unsaturated fats, for example, are important in encouraging your body to absorb essential vitamin D. These can be found in extra virgin olive oil, avocados, oily fish and coconuts, as well as red meat (but remember, this should always be eaten in moderation).

✦ **Vitamin C** Eating vitamin C-rich foods also helps your body to process collagen, a fibrous protein that strengthens your bones. There is a big difference between the vitamin C found in foods and that found in supplements, so try to ensure that the majority of your intake comes from the things you eat, rather than pills. The best sources include citrus fruits, green vegetables and capsicum peppers, especially the red and orange ones.

✦ **One to watch: acidic foods** These are foods that have an acid-forming effect on the body when they are digested, and they should be consumed in moderation. Too much acidity in your system lowers the pH level of your blood and, in order to compensate, your body takes calcium from your bones, eventually leaving them weaker. It's not necessarily foods that taste acidic that are the culprits. Citrus fruits, for example, are alkalising. Those that fall into the acid-forming category include highly processed foods, sweeteners, fizzy drinks, table salt and alcohol. While there's no need to cut these out completely, it is wise to restrict your intake.

Achieving a good balance

If you're underweight, you're more likely to develop osteoporosis – and anyone who's dieting to lose weight should include calcium-rich foods, such as skimmed milk, low-fat yogurt and green vegetables, in their diet. It has also been suggested that stress can contribute to the development of osteoporosis, so make sure that you take at least a couple of hours every week to relax, pamper yourself and ignore the outside world.

If you have any concerns about your bone health, ask your GP for a bone density scan. They could also recommend supplements, if necessary.



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From apple *to* hourglass

The diet we know you wanted! A complete 21-day plan that shapes your waist and flattens your tum...

In the last few years, something odd has happened to women's bodies. While we used to stand in front of the mirror wondering "does my bum look big in this?", nowadays, we're more likely to be sucking in our tummy as we check how we look. In the last 50 years, the average woman's waist measurement has increased from 27 inches to 34, as we've stopped adding most of our weight to our hips and thighs, and started gaining it round our middles. Not only does this make us miserable in front of the mirror, it's bad health news too.

Tummy fat contains high levels of hormones and chemicals, which is also linked to a higher risk of heart disease, stroke, diabetes and even some cancers. However, proving that every cloud has a silver lining, the harmful health effects of tummy fat (unlike hip and thigh fat, which was ignored as a purely cosmetic issue) mean that experts all over the world are now busy researching how to fight it. As a result, they now know the best foods, drinks, exercises and more that can help reduce your middle spread fast. So we've combined all that expert research into a simple tummy-slimming super plan to help you reclaim your curves.

“In the last 50 years, the average woman's waist measurement has increased from 27 inches to 34!”

FOLLOWING OUR PLAN

Using our three-week eating plan couldn't be easier. While it's fine to swap days or repeat them, don't swap individual meals, as each day is calculated to ensure you get a mix of food groups, nutrients and calories. If you really hate an ingredient on any given day, you can swap like for like (for example, broccoli for spinach, or trout for salmon). Each day, also aim to drink two litres of no- or low-calorie fluid, such as water, tea, coffee, herbal tea or diet drinks.

Plus, take a calcium supplement to switch on your fat burners – ideally one that's combined with vitamin D, such as Boots Calcium and Vitamin D, £2.75, as this maximises absorption.

Just 5 easy rules

Tummy fat collects when levels of two hormones – insulin and cortisol – are too high in your system. Both of these are fat-storing hormones and, while they will happily shuttle fat into all the cells in your body, they have a particular affinity for those around your abdomen. Cortisol and insulin increase for a number of reasons, but some of the most common are high levels of sugar in the blood (usually from diets high in refined carbohydrates and other high-GI foods), high levels of stress and even lowering oestrogen levels that occur as we age.

Therefore, the first step of any tummy-flattening diet plan is to lower insulin and cortisol levels. The second step is to stimulate fat burning in the abdominal area. So how do you do that? You follow the five rules below...

1 Eat only low-GI starchy carbohydrates

This means wholegrain breads and cereals, any pasta, new or sweet potatoes, and brown or basmati rice rather than white. This naturally lowers the amount of insulin you produce and explains why in recent trials people on a low-GI diet for six months lost six times more fat from their middle than those eating a low-fat, high-carb plan.

2 Have a cup of black or green tea with a meal containing carbohydrates

These teas interfere with the enzymes that break down carbohydrates, slowing their digestion and reducing insulin levels, but also cutting the calories you absorb from them by up to a quarter.

3 Eat at least one dairy food and one soya food daily

Calcium in dairy foods has been shown to switch tummy fat cells from storing mode to burning mode. In recent trials from the University of Virginia, women given just one soya drink a day after menopause lost tummy fat, while women denied the soya didn't.

4 Fill half your plate with fruit and vegetables at lunch and dinner

Particularly those packed with high levels of antioxidants, like berries, dark green leafy vegetables and tomatoes. Studies by Fujita Health University in Japan have found the lower your antioxidant levels, the higher your levels of tummy fat.

5 Have a portion of oily fish

Or, alternatively, eat 25g (1oz) nuts, seeds, olives and avocado – or oils/other products made from these daily. The healthy fats these contain decrease insulin levels.

Week 1

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	1 slice wholemeal toast with 1 poached egg (ideally omega-3-enriched egg). 200ml (7fl oz) any fruit juice and 1 low-fat yogurt	Half a carton of any fresh vegetable or bean soup. Salad of lettuce, celery and carrot sticks and 125g (4½oz) low-fat cottage cheese. 2 to 3 Ryvita	25g (1oz) almonds or other small nut with 4 to 5 dried apricots	1 Portabella mushroom topped with 100g (4oz) soft tofu mashed with 1tsp pesto and sliced black olives. Serve with ratatouille of red/green pepper, aubergine and onions fried until soft
DAY 2	40g (1½oz) porridge oats, made as directed, with skimmed milk. Top with 1 handful berries, 1 sliced apple and 25g (1oz) nuts	A sandwich of 50g (2oz) tinned salmon, a little mayo, cucumber, lettuce. Plus 2 to 3 handfuls carrot and celery sticks with 1tbsp salsa	25g (1oz) almonds or other small nut with 4 to 5 dried apricots	125g (4½oz) roasted chicken breast topped with 1tbsp tinned tomatoes and 25g (1oz) grated low-fat cheese. Serve on a bed of wilted spinach with 2 to 3 new potatoes
DAY 3	Smoothie of 125g (4½oz) soya yogurt, 150ml (¼pt) skimmed milk, 1 banana, 4 to 5 handfuls any berry. Plus 1 slice wholemeal toast	Half a carton of fresh tomato soup, served with 1 wholemeal pitta spread with 25g (1oz) low-fat soft cheese and stuffed with tomato and basil leaves	2 Ryvita crackers topped with 25g (1oz) mashed avocado	125g (4½oz) white fish pan-fried in Cajun spices and served with 150g (5oz) sweet potato wedges brushed with olive oil and roasted, and a small side salad of your choice
DAY 4	40g (1½oz) All-Bran with 150ml (¼pt) soya milk. Add 1 banana and any other piece of medium-sized fruit (ie apple, orange, pear, peach)	75g (3oz) chicken breast served with unlimited low-fat coleslaw. Add 25g (1oz) peanuts and 25g (1oz) grated cheese	1 apple, halved, and each half spread with 1tsp almond butter	125g (4½oz) salmon steak grilled and served with 150g (5oz) mashed sweet potato and unlimited broccoli
DAY 5	2 wholegrain toast topped with 2tsp almond or peanut butter and 1 handful sliced strawberries. Have with 150ml (¼pt) hot skimmed milk	50g (2oz) pasta (dry weight) made into a salad with unlimited cherry tomatoes and 25g (1oz) feta	1 handful black or green olives and 6 to 10 almonds	Selection of veg (courgette, red pepper, pumpkin, onion) roasted in a little olive oil, topped with 100g (4oz) tofu slices marinated in a little ginger and soy sauce then grilled
DAY 6	100g (4oz) soft tofu scrambled with chopped tomato and chives. Serve with 200g (7oz) low-sugar baked beans	1 wholemeal pitta with a little salsa or harissa paste, lettuce, tomato, 2 to 3 falafel balls. Serve with 100g (4oz) tzatziki dip and celery sticks	125g (4½oz) pot low-fat yogurt and 2 Ryvita spread with any low-sugar jam	Simmer 100g (4oz) lamb chunks in 200g (7oz) Loyd Grossman Balti Sauce, add 2 to 3 handfuls of spinach and 2 to 3 sliced apricots. Serve with 25g (1oz) basmati rice
DAY 7	Half a wholegrain bagel with 50g (2oz) low-fat cream cheese and 50g (2oz) smoked salmon. Serve with 200ml (7fl oz) orange juice	100g (4oz) chicken, beef or lamb served with 2 to 3 new potatoes, unlimited carrots, broccoli and Brussels sprouts, and 1tbsp gravy	125g (4½oz) low-fat soya yogurt with any piece of fruit	Salad of 75g (3oz) low-fat mozzarella, sliced tomato and shredded basil drizzled with olive oil. Serve with a large slice of crusty rye or wholemeal bread

✦ Always eat breakfast. Who could resist a smoked salmon bagel or a lush smoothie?



Remember...

Feeling hungry? Try distraction tactics!

Before you reach for the biscuit tin, drink a glass of water... Could be you were only thirsty. Cleaning your teeth can help too. Look in the mirror: do you want to see yourself losing weight or eating a biscuit? Are you bored? It's amazing how often we eat not from hunger, but for psychological reasons, such as stress.

Keep it small

We tend to eat much bigger portions now, forgetting what a healthy-sized meal looks like! A simple tactic is to put your meal on a smaller plate so it looks much bigger. The same works with drinks too – one in a tall glass with ice cubes will look much bigger than one neat in a short, wide glass.

+ Ginger chicken stir-fry with edamame

SERVES 2 TO 3

2 garlic cloves, peeled and finely chopped
5cm (2in) piece of ginger, peeled and grated
1 small red chilli, deseeded and finely chopped
400g (14oz) chicken, cut into strips
½tbsp olive oil
1 small red pepper, sliced
100g (4oz) tenderstem broccoli
100g (4oz) baby corn, halved lengthways
2tbsp soy sauce
100g (4oz) frozen edamame (soya beans)
150g (5oz) bean sprouts

1 Mix the garlic, ginger and chilli together in a bowl. Add the chicken and toss everything together. Set aside to marinade for up to an hour.

2 Heat a wok or large frying pan. Add the oil and chicken mixture and fry on a high heat for 3 to 4 minutes until browned all over. Add the pepper, broccoli and baby corn, and cook for a further 5 minutes. Stir in the soy sauce and edamame beans, and cook for another 2 minutes until all the vegetables are just tender and the chicken is cooked. Add the bean sprouts, toss together and serve.

Per serving: 341-227 calories, 6-4g fat (1-0.8 saturated), 13-9g carbohydrate

+ Spicy food will stimulate your taste buds and be more satisfying, so you won't eat as much



+ Lamb balti with spinach and apricots

SERVES 2

½tbsp olive oil
1 small onion, sliced
1 small red pepper, sliced
350g (12oz) lamb neck fillet, cut into 3cm (1¼in) chunks
1tsp each: ground coriander and turmeric
1 x 400g tin chopped tomatoes
50g (2oz) dried apricots, halved
½ x 540g jar Patak's medium balti curry sauce
25g (1oz) brown basmati rice
100g (4oz) young leaf spinach

1 Heat the oil, add the onion and pepper and cook on a low heat for 10 minutes until soft. Remove from pan and set aside. Increase the heat and fry half the lamb for 2 to 3 minutes until browned. Remove from pan and repeat with the remaining lamb.

2 Return all the meat to the pan with the onion and pepper, and stir in the coriander and turmeric. Add the tomatoes and bring to the boil. Cover, reduce the heat and simmer for 25 minutes.

3 Add the apricots and curry sauce, cover and simmer for a further 25 minutes. Cook the rice. Add the spinach to the curry and stir until wilted.

Per serving: 611 calories, 28g fat (4g saturated), 47g carbohydrate

+Add some turmeric to your cooking. Research shows it reduces stress and improves mood



Week 2

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	50g (2oz) porridge oats soaked overnight with 150ml (¼pt) skimmed milk. Serve topped with 1 sliced apple	Half a can of any fresh bean or lentil-based soup served with 1 wholemeal roll filled with 25g (1oz) grated low-fat cheese and salad	1 handful nuts and 125g (4½oz) soya yogurt	1 red pepper halved and roasted for 25 to 30 minutes (gas 6). Fill with 50g (2oz) tofu, 1 handful black olives and 1tsp red or green pesto. Cook for 15 to 20 minutes. Serve with a green salad
DAY 2	1 boiled egg and 2 wholemeal toast. 150ml (¼pt) skimmed milk served hot, cold or made into a coffee/low-cal hot chocolate drink	Half an avocado with half a pot of supermarket prawn mayo deli filler. Serve with 1 handful sundried tomatoes	25g (1oz) feta cheese served with a handful of strawberries	125g (4½oz) trout grilled, served with 200g (7oz) butter beans mashed with 25g (1oz) tofu and unlimited broccoli
DAY 3	A smoothie of 200ml (7fl oz) skimmed milk, 25g (1oz) oats, 1 banana, 100g (4oz) drained canned peaches. Serve with 25g (1oz) nuts	25g (1oz) chopped sundried tomatoes, 75g (3oz) soft tofu and garlic mixed with 1tsp olive oil on 2 slices crusty rye. Salad of rocket, celery and cucumber	3 to 4 dried apricots, 125g (4½oz) low-fat yogurt	100g (4oz) lamb chop rubbed with 1 clove of garlic and grilled. Serve with 25g (1oz) basmati rice (dry weight) and spinach
DAY 4	40g (1½oz) All-Bran topped with 150ml (¼pt) skimmed milk and 2 to 3 handfuls of berries. Serve with 150ml (¼pt) orange juice	100g (4oz) low-fat hummus served with crudité of red pepper, celery and carrot sticks	25g (1oz) feta or other cheese and 1 handful olives	Stir-fry 100g (4oz) chicken or beef and red pepper, broccoli, baby corn, bean sprouts, a little ginger and soy. Plus 25g (1oz) basmati rice (dry weight) or edamame (soya beans)
DAY 5	1 slice toast spread with 1tsp peanut or almond butter. Any piece of fruit and 125g (4½oz) low-fat yogurt	200g (7oz) chicken tikka or Thai chicken fillets served with a salad of rocket, edamame (soya beans) and sundried tomatoes	Large milky coffee served with 25g (1oz) nuts	125g (4½oz) cod topped with a salsa of half a chopped orange, 1 chopped tomato and a little basil. Serve with 3 to 4 new potatoes and a rocket salad
DAY 6	Half a wholemeal bagel with 1 poached egg. Serve with 200ml (7fl oz) fruit juice	Salad of lettuce mixed with 1tbsp low-fat Caesar dressing. Top with 25g (1oz) grated cheese and a 45g can anchovies	125g (4½oz) soya yogurt topped with 2 to 3 handfuls of berries	50g (2oz) penne topped with 2tsp pesto served with a large rocket and tomato salad, and 25g (1oz) avocado
DAY 7	40g (1½oz) porridge made with skimmed milk and topped with 1 chopped banana and 2 to 3 handfuls of berries	125g (4½oz) poached salmon, a salad of 4 to 5 new potatoes sliced and mixed with 2 to 3tbsp low-fat mayo, a little spring onion and sliced beetroot	2 Ryvita topped with 50g (2oz) mashed avocado	125g (4½oz) gammon steak served with 150g (5oz) sweet potato mashed with 50g (2oz) cottage cheese. Serve with green beans

✦ Eat your snacks. Miss them and your body releases those stress hormones



Remember...

If salads look a little on the dull side...

Do your shape a favour and dress them with 1 to 2 teaspoons of balsamic vinegar, which actually slows down the speed at which you digest the carbohydrates in the vegetables. In fact, studies show that after eating a meal containing vinegar you release roughly a third less insulin.

Have an early night

As well as being a bit of a treat and good for preventing lines and puffy eyes, it will prevent the chance of you reaching for those naughty late-night nibbles. Studies have shown that someone sleeping less than six hours a night will produce up to 40 per cent more cortisol than someone getting the recommended eight hours.

Week 3

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	50g (2oz) porridge oats soaked overnight in 150ml (1/4pt) skimmed milk. Serve with 2 to 3 handfuls of berries	Salad of 200g (7oz) chickpeas mixed with 2 to 3 chopped tomatoes, 1/4 chopped onion and a little coriander. Serve with 50g (2oz) feta cheese	50g (2oz) edamame (soya beans)	1 tortilla wrap spread with 50g (2oz) avocado and filled with 75g (3oz) prawns stir-fried with a little Cajun spice. Serve with 1tbsp salsa and 25g (1oz) basmati rice
DAY 2	40g (1 1/2oz) All-Bran topped with 150ml (1/4pt) skimmed milk, served with 2 to 3 handfuls of berries	100g (4oz) low-fat guacamole served with 1 wholemeal pitta and unlimited crudités	125g (5oz) soya yogurt served with any piece of fruit	Omelette made from 2 eggs and filled with 25g (1oz) grated cheese and 2 slices lean ham, served with unlimited green salad
DAY 3	1 slice wholemeal toast topped with 200g (7oz) low-sugar baked beans, served with 150ml (1/4pt) orange juice	Salad of unlimited spinach, cherry tomatoes and cucumber, topped with 75g (3oz) low-fat mozzarella balls. Add 50g (2oz) avocado	125g (4 1/2oz) low-fat cottage cheese with 1 sliced peach, pear or similar	50g (2oz) soya mince mixed with half a jar of fresh pasta sauce and unlimited mushrooms and onion. Serve with 50g (2oz) (dry weight) pasta
DAY 4	125g (4 1/2oz) tofu blended with 1 banana, half a mango and 100ml (4fl oz) orange juice, plus 1 slice wholemeal toast and 1tsp peanut butter	Salad of lettuce, celery, red pepper and cucumber topped with 125g (4 1/2oz) low-fat cottage cheese	125g (4 1/2oz) pot low-fat yogurt served with any piece of fruit	Mix 1/4 tablespoon soy sauce, grated ginger, spring onions and a little olive oil. Use to poach 125g (4 1/2oz) fresh salmon. Serve with courgettes, green beans and peppers
DAY 5	40g (1 1/2oz) porridge oats made with skimmed milk, topped with 1tbsp raisins and 1 chopped apple or pear	Wholemeal roll filled with 25g (1oz) low-fat cheese and tomato. Handful pickled onions, unlimited celery sticks and 1tbsp salsa	Any piece of fruit and 25g (1oz) nuts	75g (3oz) quinoa (made as directed) served with unlimited roasted vegetables and 50g (2oz) tofu slices. Add 1tbsp tzatziki or low-fat hummus
DAY 6	Any 3 pieces fruit, chopped and topped with 125g (4 1/2oz) soya yogurt	2 pieces Granary toast topped with grilled tomatoes and 1 slice grilled bacon. Serve with 50g (2oz) low-fat cottage cheese	Milky coffee or hot chocolate with 1 piece toast topped with 1tbsp peanut butter	150g (5oz) grilled white fish spread with 1tbsp pesto, served with 150g (5oz) canned lentils and unlimited grilled tomatoes
DAY 7	Half a wholemeal bagel topped with 50g (2oz) low-fat soft cheese, topped with sliced strawberries	125g (4 1/2oz) lamb chop served with 150g (5oz) mashed sweet potatoes and unlimited broccoli	125g (4 1/2oz) soya yogurt served with 2 to 3 berries	Salad of rocket and sliced pear topped with 25g (1oz) grated Parmesan or feta cheese and 25g (1oz) parma ham or prosciutto

+ White Cajun fish with sweet potatoes

SERVES 2

325g (11oz) white fish, such as cod, cut into 4 small pieces

2tsp Cajun spices (Bart Spices or Schwartz)

2 sweet potatoes, 300g (10oz) in total, washed, unpeeled and sliced into 1cm (1/2in) thick rounds

2 garlic cloves, unpeeled and squashed

1tbsp olive oil

lemon wedges to serve

1 Heat the oven to 200 C, 180 C fan, 400 F, gas 6. Coat the fish evenly with the spices and set aside.

2 Put the sweet potatoes into a roasting tin with the garlic. Drizzle with half the oil, season well and toss. Bake for 20 to 30 minutes until golden.

3 Five minutes before the potatoes are ready, heat the remaining oil in a large frying pan and fry the fish for 2 to 3 minutes on each side until opaque and just cooked. Serve with the sweet potatoes and a squeeze of lemon.

Per serving: 310 calories, 7g fat (1g saturated), 32g carbohydrate

Remember...

Trust us, your sugar cravings will pass

Researchers at the University of California have found that when cortisol levels are high, our body naturally craves sugar. Again, as these lower, you'll find your cravings reduce. In the meantime, use herbal teas to satisfy your sugar cravings. Our favourites are peppermint, linden, camomile and jasmine.

+ Don't eat in
front of the TV
- you eat more
calories and
don't taste
the food



+Tasty food
in a variety of
colours and
textures will
help keep you
motivated



✚ GREAT FOR VEGGIES

✚ Falafel, salsa and pitta bread

SERVES 2

150g (5oz) ready-made falafel
2 wholemeal pitta breads
1 x 125g pot ready-made tzatziki
celery, cleaned and cut into sticks
for the salsa:
250g (9oz) vine tomatoes, chopped
½ small red chilli, deseeded and finely chopped
2 spring onions, finely sliced

- 1 Bake the falafel according to the pack instructions.
- 2 To make the salsa, put the tomatoes, chilli and spring onions into a bowl and toss together. Set aside until needed.
- 3 Put the pitta breads into the oven for 5 minutes while the falafel finishes cooking. Serve warm with the salsa, tzatziki and unlimited celery sticks.
Per serving: 386 calories, 13g fat (3g saturated), 52g carbohydrate

✚ GREAT FOR VEGGIES

✚ Easy vegetable soup

SERVES 2 TO 4

1 litre (1¾pt) vegetable stock
1 bay leaf
2 sprigs thyme
1 garlic clove, unpeeled and squashed
2 carrots, peeled and sliced
100g (4oz) frozen soya beans, broad beans or peas
4 spring onions, finely sliced

- 1 Put the stock, bay leaf, thyme and garlic into a pan and bring to the boil.
- 2 Add the carrots and simmer for 5 minutes. Then add the beans or peas and cook until tender.
- 3 Turn off the heat and stir in the spring onions. Season with pepper and serve.
Per serving: 181-91 calories, 5-2.5g fat (1.5-0.7g saturated), 18-9g carbohydrate

✚ **Whatever you eat, chew slowly and you'll feel fuller faster. Try it - we guarantee it works!**

Remember...

Drink lots of herbal tea

If you get bored drinking water throughout the day, then liven things up with herbal teas. Any flavour will help hydrate you, but for extra belly-flattening benefits, try 1 to 2 cups of licorice tea*. Antioxidants in licorice decrease abdominal fat levels and reduce the amount of insulin a body produces.

Grate your cheese

Cheese portions on this plan may also look small to you – if they do, swap soft cheeses like mozzarella for a low-fat Edam and grate it. A study in the journal *Appetite* says we feel like we're eating more if the food is grated or shredded – you can also do it with salad ingredients like carrots, beetroot, onion or cucumber to bulk things out too.

Wine isn't forbidden

Three weeks is a long time to last without wine, but you don't have to on this diet. Studies by Harvard Medical School have found that an ingredient called resveratrol in red wine actually lowers levels of sugar in the blood, which then decreases insulin production. Feel free to have one glass of wine a day, two to three times a week.

Phone a friend

Dieting can be tough when you do it alone, but finding someone to go on your diet with you will help you keep on track. Or why not join our online diet club for personalised goals, an online food diary and so much more? Go to womanandhome.com and click on "Diet & Wellbeing" today.

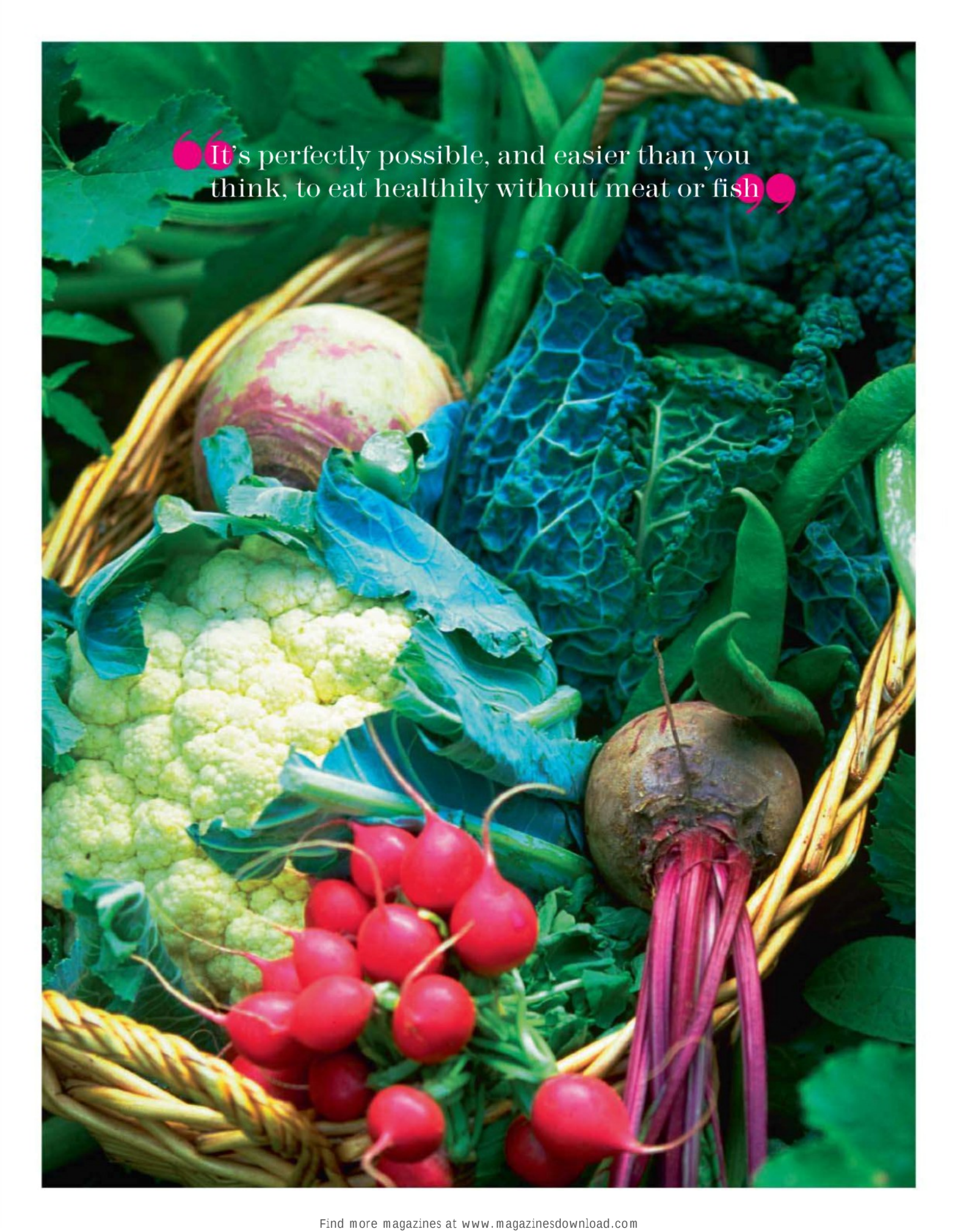
Meet the diet expert

Helen Foster, who created our fabulous little weight-loss plan, is author of so many brilliant diet books, including *Beat The Bloat: Lose Weight, Feel Great, Easy Gi Diet* and *The Weekend-off Diet* (all Hamlyn, from £6.99). She advocates a balanced approach to dieting, with portion control being key.



*Don't follow this tip if you have high blood pressure, diabetes or other long-term health issues. If you have any health problems, always consult your doctor or health professional before starting any diet.

Visit www.womanandhome.com for more fantastic hourglass diet tips, recipes and all the expert help you need

A close-up photograph of a woven basket overflowing with fresh, colorful vegetables. In the foreground, a cluster of bright red radishes with green leafy tops is prominent. To their right is a whole beet with its long, dark red roots. Behind these, a large head of white cauliflower is visible, partially covered by large, crinkled blue-green leaves. Other vegetables like green beans and more leafy greens are scattered throughout the basket. The lighting is bright, highlighting the textures and colors of the produce.

“It’s perfectly possible, and easier than you think, to eat healthily without meat or fish”

Veggie and vegan diets

When you're cutting out meat, making sure you have a balanced diet is even more important than usual. Rebecca Smith has the guidelines to make it easy...

Vegetarianism is becoming increasingly popular in the UK, as more people steer away from meat, either for moral, health or cost reasons. Initiatives, such as Meat Free Mondays, have also boosted this trend, and many of us will have experienced family members deciding to give up meat, something which will more than likely have a drastic effect on mealtimes!

While on the Continent there is still a very close-minded attitude towards vegetarianism (ask for the meat-free option in Spain and you'll more than likely be served the ham), in Britain, we've become much more open to it. Most restaurants now offer a much wider selection of vegetarian options than before, and an increasing number of meat alternatives are available in supermarkets. If you have a grown-up vegetarian, you'll know how to eat to achieve a balance in your diet that keeps you fit and healthy. However, if you or a relative (teenagers are particularly likely to go meat free) have recently decided to make the switch, there are certain nutritional facts you need to be aware of, in order to keep your diet healthy and balanced.

As a vegetarian, your average daily diet should consist of the following key ingredients, to ensure you stay healthy:

+ FRUIT AND VEGETABLES

Okay, this is the obvious one, but try to make sure that you're eating a variety of fruit and veg every day. We all know the 5 A Day initiative, so bear in mind that one portion of fresh fruit and veg is equal to about 80 grams – that's 2 plums, 1 apple, 2 broccoli spears or 8 cauliflower florets. Dried fruit, tinned fruit and unsweetened fruit juice also count, but the portion sizes change according to what you're eating.

+ BREAD, CEREAL AND POTATOES

No matter what Dr Atkins would have had us believe, carbohydrates are an important part of a balanced lifestyle. Particularly complex carbohydrates (found in wholegrain products, rather than in a loaf of white sliced), which release energy slowly into our systems, helping us avoid peaks and troughs of hunger. They are also excellent sources of B vitamins and fibre, vital for keeping our digestive systems healthy. One third of our diet should be made up from this group, and something from it should be included in every meal.

+ DAIRY PRODUCTS OR ALTERNATIVES

Dairy products are incredibly important for protein and calcium, and we should be eating or drinking at least 3 portions from this group every day. One portion is equal to 200ml milk, 150g yogurt or 30g cheese (vegetarian). Vegan alternatives include

rice milk, dried figs, nuts, green veg and soya products. If you've given up meat for moral reasons, it might be an idea to try and only buy organic dairy produce, as the welfare standards for the dairy herds are much higher.

+ MEAT, FISH AND EGG ALTERNATIVES

Predictably, this is where the biggest problems will arise. However, with the growing popularity of vegetarianism, there is now a wealth of products on offer, most notably Quorn (meat and soya-free products made from mycoprotein, a protein-rich fungus). Protein, B vitamins and essential fats can also be gained from foods such as tofu, nuts, beans and lentils. However, since some food groups are completely excluded, certain nutrients will inevitably be missed out. It may be necessary to take supplements, particularly for certain amino acids, omega-3 fats, calcium and iron.

+ VEGANISM

One of the most difficult dietary choices, veganism requires careful planning to be incorporated into your lifestyle. Those following a vegan diet have to be particularly attentive to whether they're receiving all the necessary nutrients, and should aim to eat a diet rich in fruits, vegetables and particularly pulses and grains. Since all dairy products and eggs are cut out, calcium and vitamin D should be paid particular attention to, and supplements may need to be added to your daily routine. Luckily, vegan products are becoming more prevalent in supermarkets, and vegan food and bakery stalls can often be found at farmers' markets.

Some useful websites

nhs.co.uk/livewell An NHS website offering helpful advice on diet, nutrition and getting your 5 A Day.

vegsoc.org The Vegetarian Society's website, containing a wealth of info, including food news, veggie restaurant guides and lifestyle advice.

cordonvert.co.uk A vegetarian cookery school, offering short courses in all aspects of vegetarian cookery.

vegansociety.com Offers news and advice on lifestyle and nutrition for vegans.



For more meat-free inspiration and recipes, visit womanandhome.com/veggie.

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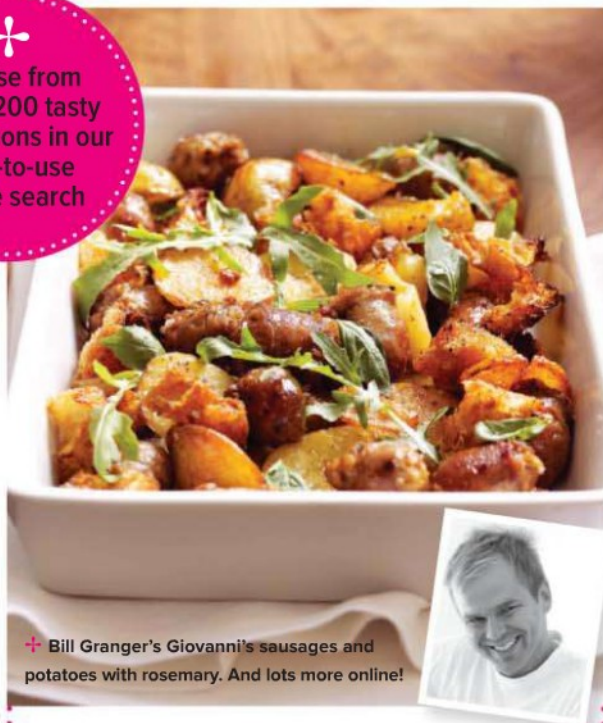
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The spring table

It's easy to create the perfect look for your dining table with just a few essential ingredients. Spring flowers, a top-notch tablecloth, napkins and ribbons are all it takes to impress



Sitting pretty

Nothing makes your kitchen table look special like a gorgeous tablecloth. Choose one with a floral pattern and even your everyday china will have a new lease of life. For floral tablecloths, visit cathkidston.co.uk for bold and 50s-inspired rose prints, and cabbagesandroses.com for beautiful vintage linen designs.



Mix and match

When it comes to flower arranging, use what you already have for a different look. By mixing up a diverse range of vases, tumblers and shot glasses, you add varying heights to your blooms and an impressive look to the table. If you want to mix and match patterned china and place mats, keep the colour themes similar to avoid the overall effect from clashing. The green bowl and plates are Chinoiserie Green by Jasper Conran at Wedgwood. For similar place mats, try V&A Chinoiserie place mats, £20 for six, johnlewis.com.



Simple scents

Create a mini posy on dinner guests' napkins. One bunch of flowers is usually enough for a whole table. Opt for a seasonal flower with plenty of scent. These narcissi are perfect teamed with a bright napkin. The look works equally well with tulips, grape hyacinths and lily of the valley. Tie with raffia (available at most florists or hobbycraft.co.uk). For bright napkins, visit debenhams.com. For information on planting and caring for bulb plants and flowers, as well as a run-down of varieties available at this time of the year, visit bulb.com.



Clean green

A simple theme of green and white will always look elegant. Stick to white plates and flowers, with a soft green tablecloth, napkins and glassware for the rest of the table. It's the perfect setting, whether for a lunch or dinner gathering. If you want a more formal look, add place names and mix up your guests for lively banter. These beautiful place-name vases are available from coxandcox.co.uk. Or to add instant colour to any white tablecloth, just add a runner. There's a large range to choose from at next.co.uk, as well as tablecloths.

66 Add an instant spring look to your table with pretty tulips, daffodils, hyacinths or narcissi. A mixture will both look and smell great 99

66 Invest in a good-quality white tablecloth and napkins, as they'll last forever. Irish linen is weightier and gets better with age 99



Flower power

We all have a favourite flower that lets us know that spring is just around the corner, so when it comes to a tablecentre, it's difficult to choose just one to take centre stage. Why not fill the length of your table with all your favourite varieties? Keep the look modern and stop it from becoming messy by sticking to just one type of flower per vase. That way, you can have as many containers as you can fit in. You can then choose just one stem for the napkin and secure it in place with a pretty piece of lace or ribbon.



Totally tied

Ribbons are an essential piece of home-decorating kit. Not only should you have a stash for when you wrap gifts, but they make brilliant napkin ties too. They're a really simple way to show off a colour scheme on a table. Satin and organza ribbons work well, but the beautiful grosgrain ones, £4.99 for a 10m roll, available at janemeans.co.uk, are a firm favourite at w&h. They come in spots, stripes and a divine running stitch. Choose a colour that complements one element of your table, whether it's the flowers, tablecloth or place mats, for a seamless look.



All aglow

Candles are the easiest way to create an atmosphere – even in the daytime. Choose a pretty coloured dinner candle to give your table that finishing touch; shearer-candles.com has a great range, including loads of pretty pastel shades, £5.01 for seven, as well as the regular white and ivory taper ones, £8.99 for ten. These easy-to-create table centres are made with high-ball glasses and are used to show off the candles, which are heated at the base to keep them firmly in position. The melted wax is then hidden by the flowers – in this case green viburnum – but you can also use sand or, for a cleaner look, salt to keep the candle upright.

LAY
THE
TABLE

SIMPLY SERENE

To give your room a soft, calm and relaxed feel, keep the table setting simple and add just a touch of colour with glasses or soft pastel-coloured china. Mood lighting in the form of tall candles in glass candlesticks or clear glass hurricane lamps is just the ticket. To recreate the look, visit marksandspencer.com for a great selection of hurricane lamps, available in short sizes, £25 for two, or taller ones, from £12 each.

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0871-8716611; goodnessdirect.co.uk





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boxscheme.org

✦ **A LOT OF ORGANICS**

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alotoformanics.co.uk

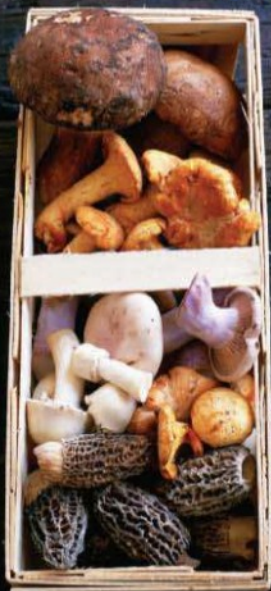
Farmers' markets

There has been an explosion in the popularity of farmers' markets in the last few years. We are all keen to get in touch with the land, find out what foods are grown locally, what's in season, and discover different varieties of fruit and vegetables. So why should we shop at a farmers' market? Because it's fun and accessible, and you have the chance to chat to the people who actually grow the food or rear the livestock.

These markets are a lovely spot for finding gifts, such as home-made preserves and local honey. And it's a great place to take your kids too – they'll learn that vegetables are grown in soil and don't arrive pristine and pre-packed. Plus, knowing that what you're buying is home-grown and locally produced makes you feel so good about your carbon footprint.

Here are some good websites to help you find farmers' markets and pick-your-own farms in your area. It's up to all of us to support our local farmers and markets to prevent them disappearing, so get out there and get shopping!

- ✦ farmersmarkets.net
- ✦ pickyourown.info
- ✦ farmshopping.net
- ✦ foodloversbritain.com



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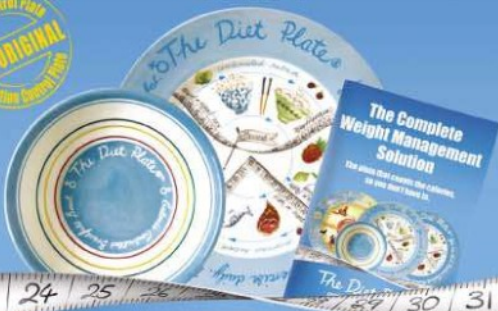
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The recipe list

MEAT AND POULTRY

- 16** Nigella Lawson's Lamb shanks with beans
- 21** Harissa-spiced pork with Mediterranean veg
- 21** Mustard chicken with roasted vegetables
- 24** Hot honey spiced chicken
- 27** Meatball pasta bake
- 30** Chicken and olive roast
- 40** Vietnamese lemongrass, chicken and prawn wraps
- 43** Ginger and spiced chicken curry
- 48** Stir-fried beef with egg noodles
- 51** Baked lamb and aubergine
- 52** Tex Mex beef chilli
- 52** One-pan spicy Biryani
- 60** Loin of pork with apricot and pistachio stuffing
- 64** Lemon and rosemary chicken skewers
- 68** Nectarine, Parma ham and feta salad with chilli
- 72** Coq au Chardonnay
- 72** Roast rack of lamb with spring veg and hot herby dressing
- 72** Pork loin steaks braised with red wine, tomatoes and olives
- 76** Lemon chicken with sausage and garlic
- 76** Crunchy baked chicken
- 78** Delia's Greek lamb baked with lemon & garlic
- 131** Ginger chicken stir-fry with edamame
- 132** Lamb balti with spinach and apricots

FISH AND SHELLFISH

- 27** Pancetta-wrapped trout fillets
- 33** Crab, chilli and cherry tomato linguine
- 33** Oven-baked fish and chips
- 34** Gordon Ramsay's Glazed salmon with spinach and radish salad
- 43** Crispy prawns with zingy chilli
- 44** Korma crab cakes

- 44** King prawn and cucumber salad
- 47** Coconut and crayfish curry
- 47** Crayfish and chilli spaghetti
- 60** Salmon and broccoli tart
- 67** Filling fish pie
- 67** Chunky crayfish chowder
- 75** Seafood paella
- 134** White Cajun fish with sweet potatoes

VEGETARIAN AND VEGETABLES

- 14** Stir-fried greens with goat's cheese and walnuts
- 14** Super slaw
- 14** Spring greens with peas and caraway
- 14** Indian stir-fried white cabbage
- 24** Mozzarella and tomato brioche
- 24** Stuffed tomatoes
- 30** Spring onion and goats' cheese frittata
- 30** Smoky vegetarian chilli
- 40** North Indian chickpea, lentil and squash curry
- 48** Spring linguine
- 54** Rick Stein's Beetroot curry
- 60** Vegetable Pissaladière
- 64** Mini spinach and paneer naan breads
- 65** Simple spiced couscous
- 68** Sweet baked beetroot
- 75** Fattoush salad
- 137** Falafel, salsa and pitta bread
- 137** Easy vegetable soup

BAKING

- 84** Blackberry and pear frangipane pie
- 84** Lemon yogurt cake
- 89** Pear and cinnamon muffins
- 89** Carrot and coconut bars

- 91** Happy Easter cake
- 91** Chocolate brownies
- 92** Cheese scones
- 92** Buttermilk and strawberry scones
- 95** Cheddar and onion soda bread
- 95** Pumpkin cob loaf
- 97** Ham, cheese and chive muffins
- 98** Kugelhopf
- 98** Courgette, cheese and herb loaf
- 100** James Martin's Carrot cake

DESSERTS

- 107** Fruity meringue roulade
- 107** Tropical fruit salad
- 108** Tropical Pavlova cake
- 111** Lemon syllabub
- 111** Hot apricot soufflés
- 112** Lemon and almond drizzle cake
- 112** Super-sticky lemon and syrup pudding
- 117** Raspberry and pomegranate Kissel
- 117** Citrus crêpes
- 117** Choco-dulce dessert
- 120** Creamy rice and cardamom pudding
- 120** Coffee and macadamia nut meringue
- 120** Chocolate and coffee mousse
- 122** Jamie Oliver's Rhubarb and sticky stem ginger crumble



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